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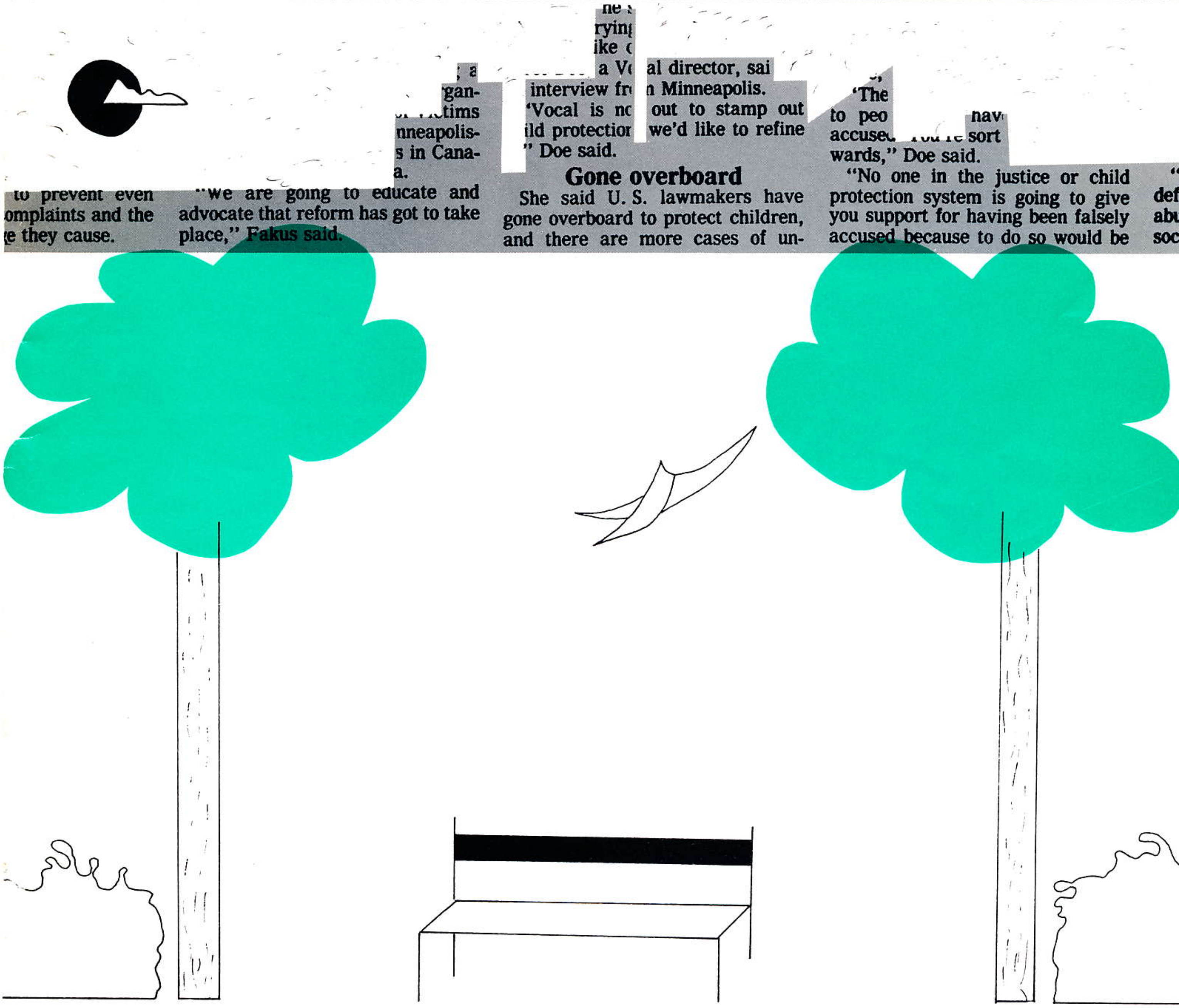
Été 1987. Volume 37, nº 3



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Economic Satisfaction

Bien-être économique

Canadian
Home Economics
Journal

Revue
canadienne
d'économie familiale

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Gone overboard
Economic Satisfaction
Bien-être économique

The cover, designed by Heather Kowalchuk, depicts many aspects of our environmental quality. (Designed as a project in the 4th year graphic design class, School of Art, University of Manitoba, under the direction of Professor Norman Schmidt.)

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from the Editors

Environmental quality, the theme of the focus section of this issue of the *CHEJ*, is a complex concept as it relates to the family and the quality of life. As Dale Berg states in the lead article "the quest for environmental quality in family living involves a number of thorny issues. . . ." He goes on to discuss how these issues relate to the implementation of social and educational issues. This thought-provoking article makes some interesting points and sets the stage for the other focus articles.

One of our most basic environmental needs is shelter, and as 1987 is the International Year of Shelter for the Homeless, MaryAnn McLaughlin, in a brief editorial, establishes a "daunting assignment" for the home economics profession. To further the awareness of the plight of the homeless in North America, Dana Mallin outlines who the homeless are, dispelling some of the myths of the stereotypes; and indicates some of the causes of homelessness.

Continuing on the theme, Pat Malone discusses the importance of the local environment to the relevancy of textbooks used in developing countries; and the role that Canadian home economists have played in developing such texts. Magdalena Krondl and Pat Coleman, in an in-depth article, present a nutritional perspective for "successful aging". With persons over 75 years of age expected to be the fastest growing segment of the Canadian population in the near future, the role of nutrition must be emphasized.

Of particular interest to the membership of CHEA is Carol Culhane's report of her research project designed to explore and measure the satisfaction the CHEA membership derived from CHEA's professional services. The survey results provide valuable input for discussion, and show a concerned, committee membership.

This same membership has responded overwhelmingly to our current readership survey. As the present Editorial Committee is preparing to turn the responsibility for the *Journal* over to a new committee; and approximately two-thirds of the membership has been surveyed, a Preliminary Readership Survey Report is presented in "Reader Forum". The results of the Survey will provide guidance and encouragement to the in-coming committee.

The input from the readership was used as a basis for the establishment of the theme sections for the *CHEJ* for 1988 as outlined on page 130. Please consider submitting a manuscript and become an active part of your *Journal*. ☐

Barbara Baczynsky
Ruth Berry
Brenda Speirs-Fryatt

NEXT ISSUE:
Conflict and Power

Reader Forum

Letters and comments from the readership

Preliminary Readership Survey Report

To date, 269 responses have been received by the editor. This represents a return rate of approximately 24% (as compared to 1.4% in 1985 and 5.3% in 1984). This high return rate is extremely encouraging for the Editorial Committee. The results are not interpreted as definitive, but rather as providing guidance.

Attempts were made to establish a breakdown of returns according to province, compared to the geographic breakdown of the membership (out-of-country returns were not included). This analysis indicated a fairly representative return rate from all provinces, however, there was some bias: Alberta and Quebec had a higher percentage return rate than their percentage of membership (21.5%/16.5% and 9%/5% respectively); Ontario had a lower percentage return rate (30%/37%). This bias may be due to the method used for this survey (i.e., membership renewal).

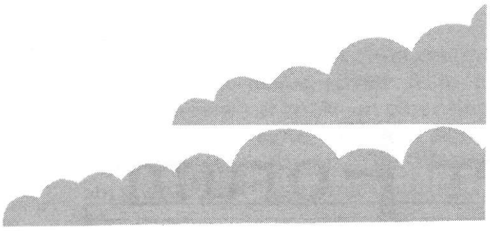
Results. The majority (75%) of the returns were received from individuals who have been reading the *CHEJ* for over 5 years (16% — 2 to 5 years; and 9% — 2 years or less). In response to amount usually read, 44% indicated "some of it"; 43% indicated "most of it"; 12% indicated "all"; and 1 reader indicated "none of it". Regular features read "most of the time" were, in descending order: New Developments, On the Job, General Interest Articles, Theme Articles, What Do You Say When? From the Editors, Book Reviews, Abstracts of Current Literature, Reader Forum, and the Research Section. The usefulness of articles question indicated 41% "some useful", 38% "most useful", 12% "one or two useful" and 9% "all useful".

The level of writing in the *CHEJ* was scaled from "not technical enough" to "too technical"; 73% of the returns indicated a middle position, 15% indicated leaning towards "to technical", and 12% indicated leaning towards "not technical enough".

The majority (74%) refer to past issues of the *Journal*, with many respondents indicating that they circulate or pass their copy along to their colleagues.

Reader's comments. We welcomed the additional comments made: most were gratifying; some were enlightening; and a few were discouraging. A sampling of these comments are shared with you here: "I consider the *Journal* to be one of the major advantages for membership in CHEA"; "The *Journal* is something we can all be proud of"; "I'm proud to share it with my colleagues"; "I have been pleased with the professional quality/concern and direction of the *Journal*"; "usually far too philosophical and airy-fairy"; "I find *CHEJ* irrelevant to my every day business work — it seems to be devoted primarily to satisfy academia". One

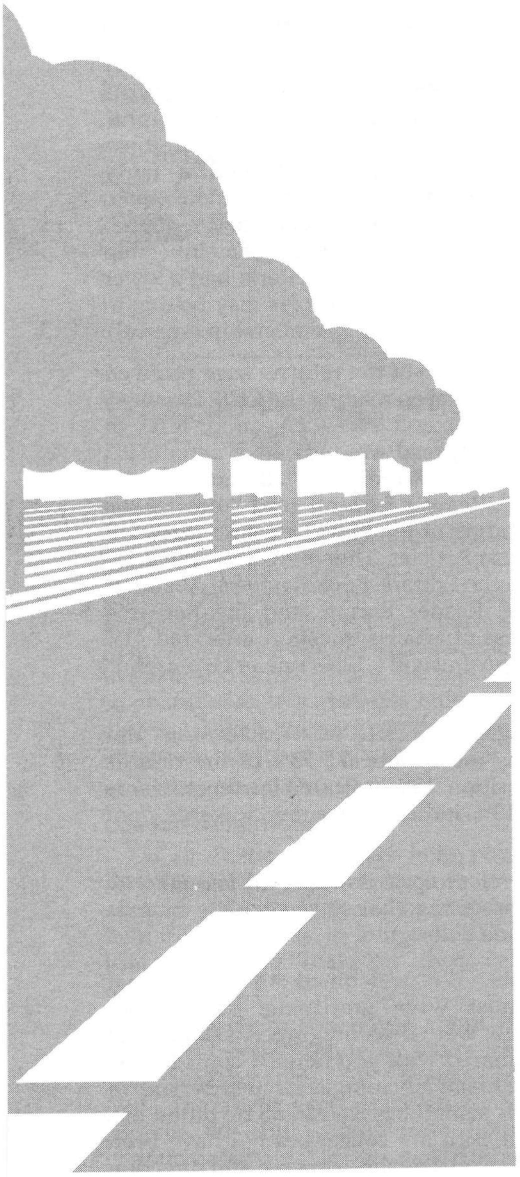
(Continued on page 152)



The Quest for Environmental Quality

Research Issues and Values

Dale H. Berg



Abstract

The quest for environmental quality in family living involves a number of thorny issues related to research and the implementation of social and education policies. In order to implement steps towards achieving environmental quality, one first has to determine the character of the desired state. Secondly, the means to the achievement of that state may only become known as a product of research which addresses behavioral outcomes. To reasonably assure the attainment of the desired outcomes, one has to have some knowledge of the consequences of specific behaviors, social policies, and/or family forms. The current plethora of descriptive, exploratory, research conducted for reasons often unrelated to the quest for knowledge, holds little potential for answering questions as to how best to achieve environmental quality. If the research enterprise is to be involved in the pursuit of environmental quality then it will have to engage research designs that hold the potential to answer questions related to behavioral outcomes.

Résumé

Les recherches sur la qualité environnementale dans la vie familiale sont liées à nombre de problèmes èpineux relatifs à la recherche et à l'application de politiques éducationnelles et sociales. Pour franchir les étapes qui mènent à la qualité environnementale, il faut d'abord fixer l'objectif souhaité; ensuite établir les moyens de l'atteindre, lesquels ne peuvent être que le fruit d'une recherche sur le comportement. En effet, l'objectif ne peut être atteint que si l'on connaît les conséquences de comportements spécifiques, de politiques sociales, et de types familiaux. La présente pléthore de recherches descriptives, exploratoires, entreprises pour des raisons souvent étrangères aux recherches à base de connaissances, sont peu susceptibles de répondre à la question "quelle est la meilleure façon de parvenir à la qualité environnementale". Si la recherche doit s'engager dans la poursuite de la qualité environnementale, elle devra employer une conception de la recherche capable de répondre aux questions relatives au comportement.

Objectivity and the Environmental Quality Quest

The often repeated story about the blind men assessing and describing the elephant through their tactile senses is both amusing and informative. Through the parable one is confronted with the relativity of perspectives: how one's position relative to the problem interacts in a determinative way with what one "sees." Each observer is blinded by the perspective which is brought to the observation.

The implications of this readily verifiable fact for research on human issues should be obvious. There are many issues related to human existence which cry out for data, for information based on research. As researchers report their findings relative to these issues, it becomes ever more apparent that the findings are anything but objective in character. With impressive frequency one can observe statistics utilized in the service of some position on an issue. Students of methodology are impressed with how easy it is to phrase research problems so as to virtually guarantee the desired outcomes. Once again, the story of the blind men touching the various parts of the elephant comes to mind, reminding us of the unwanted truth that it is not easy to perceive clearly. Indeed, all too often one sees what one must see (Nettler, 1968).

Objectivity is one of the goals of the scientific method. Theoretically, at least, rigid subscription to the methods of science will protect against bias, but in the real world of social science research, rigid subscription to the canons of the scientific method is simply not possible. There are also problems associated with gathering

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Dale H. Berg, MA, PhD (University of Alberta), is currently an Associate Professor in the Department of Family Studies at the University of Manitoba.

data about one's own kind: The desired data are not isolated from the reasons that precipitate the quest to know. These reasons introduce a source of bias which is notably problematic.

The problem of objectivity in research intrudes upon each phase of research: research design, data gathering, statistical analyses, and reporting. Who wants to know and why are significant issues bearing on the issue of objectivity. The problems linked to objectivity are further compounded by the observable differences in quality of research reported in various journals. The review processes notwithstanding, good research is interspersed with shoddy research and all too frequently the reports are sufficiently devoid of details so as to make discrimination between the two polarities nearly impossible.

The preceding paragraphs are a necessary prelude to the focus of this paper. The theme of "environmental quality" carries with it a definite value orientation. Specifically in the area of family, the issue of environmental quality involves essential questions as to what constitutes quality in environment. What are the optimal conditions for living, for socializing the young, and for optimizing conditions for family functioning? These are all ultimately value questions. It is at this point where the whole issue of who wants to know and why becomes a matter of no mean consequence.

The issue of what constitutes environmental quality in our society is not easily answered. Being at base a values question, there will be a plethora of responses. Nevertheless, there are likely essential environmental qualities which will be widely accepted (peace, less crime, personal happiness, equity, etc). However, when it comes to defining these qualities on the level of individuals, the relativity of definitions becomes problematic. One suspects that the real problem with outcomes research lies with defining the specific qualities involved in the outcomes.

The environmental quality theme translates into real and troublesome family research questions. What are the short- and long-term effects, if any, of day care on children? What are the effects of family. violence and family disintegration on children? What are the effects of violence and explicit sex on television? What is the optimal socialization environment for children? How might the quality of family life be enhanced? These questions and numerous others like them are loaded with value issues. They also present horrendous research challenges because they are not readily segregated from the values of those engaged in the research endeavor.

The Confusion of Descriptive Research with Consequence Research

Much research in the family area today is descriptive research, research aimed at determining what is. The all too common sampling problems aside, there is a case to be built for the need for descriptive research. The problem with descriptive research lies not with the research itself, but with the uses made of the findings. Not infrequently, descriptive data are used to establish norms. The mean or modal behaviors become the "snapshot" of what people are currently doing. Such interpretations commit the ecological or aggregative fallacy, describing behaviors of a population on the basis of a single statistic (Mishler & Waxler, 1968, pp. 58,59).

Even more fallacious is the tendency to equate the behavioral statistic with the normative, implying desirable or even good. What is behaviorally normative, as reflected in the statistic, becomes associated with rightness. During the '60s and '70s, extra-marital sex, "swinging", was touted as a solution to the confinements of the traditional family (Denfeld & Gordon, 1970; O'Neill & O'Neill, 1972). The writers citing limited research extolled the benefits of the swinging alternative to humdrum marriage. Interviewed swingers reported no undesirable consequences, therefore there were presumed to be none. The writers failed to recognize the fallacy of assuming that present perception of there being no problems is not in any way a reason to assume that there are none or that there will be none. Worse still are the studies that presume to extrapolate from the sample to the greater population. The Breedloves (Breedlove & Breedlove, 1964) interviewed approximately 400 swinging couples in California and concluded, on the basis of their "research," that 8 million Americans were part of the swinging phenomenon.

The problems inherent in descriptive research are legion. Research on research has repeatedly shown that reported behavior is not typically a good indicator of actual behavior (Festinger, 1964; Rokeach, 1967; Sherif & Sherif, 1967). Nevertheless, reported behaviors are used to derive statistical norms of human behavior. The suspicion remains that people engaged in a given behavior are not likely to report that they are unhappy or that they see dire consequences as a result of their current behaviors. Yet the reports of no undesirable effects or foreseen consequences are frequently interpreted in such a manner as to imply that there are no such consequences.

The point is a simple one: Descriptive studies do not furnish data of the sort that are amenable to outcome interpretations. Descriptive data are, under optimal sampling conditions, merely "what is" data. Descriptive data are presented most faithfully using appropriate descriptive statistics, statistics that do not overly summarize to the point of obscuring important differences. While central tendency measures are frequently utilized as descriptive statistics, they have the undesirable effect of reducing a variety of human behaviors to a single statistic which, while mathematically correct, is worthless in capturing the essence of the data.

When discussing environmental quality in the broadest sense, one is

What constitutes environmental quality in our society is not easily answered.

necessarily forced into the arena of values and behavioral outcomes. Behavioral outcomes, positive or negative, are not determinable from descriptive research. There is a necessary order involved in addressing issues related to environmental quality. First, one must determine what constitutes quality (i.e., the ends must be defined). Specifically, what is the behavioral outcome desired? These value-laden questions are not easy questions. Having determined the desired outcomes, the means to achieve such outcomes become important. Determining if the means selected are indeed the correct or best means to achieving the desired outcomes is where research comes into service. Research capable of providing data about outcomes is not one-shot descriptive research, nor is it self-report or attitudinal research. The research required to answer questions of environmental quality is of a form that will prove to be problematic to the research enterprise as it is currently structured and enacted. Such research will frequently be longitudinal or experimental in character.

The Research Enterprise: Discomforting Issues

As has already been suggested, bias continues to plague social science research. Much of the bias stems from methodological shortcomings: poor samples, lack of control groups, unresolved validity and reliability issues, and/or carelessness in analyzing data. All of these methodological problems pale to a degree when contrasted to the widespread lack of theory to guide research. The lack of theory in much contemporary research creates a situation wherein methodological rigor is not perceived to be necessary. Predictions are not being tested: There is no theory; no predictions are generated. Without theoretical issues, the importance of one empirical outcome as opposed to another is of little concern, and method is similarly of little consequence. With the simplistic statement that "this research is exploratory", the need for rigor is dismissed and presumably negated. The problems associated with this type of research are legion (Dittes, 1971, pp. 425, 426; Kaplan, 1954, pp. 17, 18).

Given the plethora of one-shot correlational studies of an exploratory nature, it is clear why there are few findings of substance in the social sciences (Sanford, 1965; Silverman, 1977). At best there are weak associations which necessarily await further research. The lack of meaningful findings is a function of research conducted in a theoretical vacuum: no theory, no predictions, no tests of hypotheses, and consequently no meaningful findings. As Kaplan (1964) cautions, "statistics alone is but an instrument for transforming data, not for producing them. Statistics is never in itself a source of knowledge" (p. 220).

Bias continues to plague social science research.

The proliferation of this "hunting expedition" exploratory research is a consequence of several factors which are quite external to the quest for knowledge. The first factor is the widespread availability of statistical packages on mainframe computers. These packages make it possible for even the statistically illiterate to run myriads of crosstabulations across all variables, gigantic correlational matrices, or endless path analyses, all in the quest for statistically significant, as opposed to significant, findings. The unthinking use of these "cookbook statistics" has victimized the social sciences (Kaplan, 1964, p. 234). The use of statistics requires that one know more than statistics.

Statistical significance becomes a substitute for thought: The magic .05 (even .10) level becomes the sole criterion for reporting the "finding." It is not surprising that the horsepower of cars is positively correlated with the rate of divorce, that the number of typewriters sold is positively related to the number of subscriptions to a magazine, or that the fall price of corn is inversely related to the severity of hay fever cases (Campbell, 1974, pp. 171-174). Red hair was even shown to be associated with criminal behavior (Hentig, 1947). The fact that the 10 or so "statistically significant findings" have been culled from a few hundred (or more) crosstabulations or correlations is never reported and the likely spurious character of the findings goes unmentioned.

The second reason for the proliferation of exploratory research is the extreme pressure on academics to do research and the concommitant quest for funds. Research becomes the means to the ends (funding, publications, promotions, recognition, etc). The advancement of knowledge is not among the ends and likely cannot be, given the more compelling reasons for doing research. Exploratory, one-shot, computer assisted statistical searching research is the "instant gratification" response to these pragmatic reasons for research. The quest to know is replaced by the need to do: The research designs and proliferation of statistically significant findings attest to this shift in motivation. Well-designed, theoretically based, research developed to test specific hypotheses takes too long and involves confronting too many methodological problems. Given the pressure to publish, longitudinal research, which holds the potential to answer many of the questions of consequences, takes too long to complete. In addition, longitudinal research is prohibitively costly compared to the minimal costs associated with photocopied questionnaires containing hundreds of questions which will be crosstabulated and correlated in every way possible and from which there will be (guaranteed) statistically significant findings.

The third reason for the abhorence of sound theoretically based research may be more problematic than the previous two. Do we as a society want to know the consequences, outcomes, of our living patterns? Do we really want to know the effects of various family conditions on children? What are the outcomes, if any, of widespread premarital sex or of the proliferation of teenage pregnancies carried to term?

These and a plethora of other consequence/outcome questions are the kinds of questions that may well be found to be unacceptable subjects for research designed to secure answers. Snapshot, opinion research, in which the subjects report happiness and no ill consequences may be far more acceptable than knowing actual outcomes. There are compelling psychological reasons for shunning well-designed outcomes research: The personal costs of knowing are possibly too threatening.

A few examples of outcome hypotheses developed on the basis of limited, suggestive research should suffice to illuminate relationships which we may not wish to have substantiated. The best predictors of marital happiness are the personal characteristics of the individual regardless of the person they marry (Udry, 1971, p. 268). What are the consequences of knowing that biography is a major determinant of marital and/or adult personal happiness? Children raised under conditions of multiple caregivers are less able to develop loving relationships in later life (Makins, 1981, p. 396; Maynard, 1985). Family violence runs in families (i.e., children raised in abusive homes have a higher probability of being abusive parents themselves) (Gells, 1980). Divorce, similarly, may run in families (Landis, 1956; Mueller & Pope, 1977). What if well-designed longitudinal research determined that early socialization was the critical component in adult outcomes? Do we want to know this? Can the society afford to know? As Berger and Luckmann (1966, p. 106) observe in their discussion of reality construction, what is known determines what can be known. Without commiting an injustice to their insightful observation, it is possible to slightly alter the observation: What is necessary to believe determines what can be known.

The Quest for Knowledge: Environmental Quality and the Human Factor

The suggestion of this paper is that there are numerous psychological factors which interfere with our espoused desire to engage in meaningful research. The potential personal threats linked to outcomes research may be sufficient so as to effectively impede the implementation of such research. The fact that such long-term research is without the immediate desired rewards of research also mitigates against embarking on long-term enquiry. Additionally, it is quite possible, given the witness of scientific history, that the findings of substantive research will be found to be unacceptable in spite of their methodological rigor. The "bottom line" of the argument is that the prices associated with substantive research may simply be too high, in the personal psychological sense.

A corollary of this argument is that descriptive, hunting expedition research, is, in the final analysis, a substitute for action: a placebo. Being aware of the multitude of human problems begging for research and knowing the implications of doing the kind of research that will portend a high probability of securing answers, the option of doing research which appears to be addressing the issues is more appealing. Something is being done, funding is secured, articles are written, and the exploratory findings are guaranteed to be safe. The lack of theory, the lack of theory generated hypotheses, and the shotgun approach virtually guarantee that inane, safe, findings will result.

There is also the naive belief that the accumulation of findings will in some way contribute to knowledge. Literature searches on almost any social science topic reveal contradictory findings. The contradictions are more often than not the product of variation in the execution of the research. The lack of methodological rigor and design understandably results in the production of data which are contradictory and often meaningless. The simple accumulation of findings necessarily contributes little to understanding, since such data are highly suspect. Produced in a theoretical vacuum, under research designs that are anything but methodologically sound, such findings may not even qualify to be viewed as data, but rather as spurious occurences. Sheer quantity of findings derived from studies that are seriously flawed in design will not produce knowledge, no matter how these findings are manipulated or summarized.

The issue of environmental quality is of vital interest to our society: whether it is psychological environment or physical environment. Environmental quality is a value issue which must first be addressed on the level of values. Having determined what constitutes environmental quality, the next step would be to design research which holds the potential to answer questions of how to attain the desired goals. While science cannot answer questions of value, the scientific method can be invoked in the service of attaining desired ends. For example, longitudinal designs can provide answers to questions concerning which environments produce what kinds of outcomes. Longitudinal research can address consequences in terms of probabilities: These factors are associated with these outcomes. Conversely, if a certain outcome is deemed desirable (a social policy matter), then the most probable means to attain the end can be stated.

The goal of environmental quality and the issue of the service of the scientific method in achieving environmental quality raises yet another

There are compelling psychological reasons
for shunning well-designed outcomes research:
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issue: an issue that may prove to be the most problematic of those addressed so far in this essay. Given that we can know the outcome probabilities associated with the variables of human living, what is the value of such information? In a word, can such knowledge be used? For example, if certain parental behavior patterns were shown to be strongly associated with certain undesirable behavior outcomes in children, then what? The knowledge of outcomes holds the potential of control, which is ultimately the goal of knowledge. However, control of human behavior is a different matter than control of the physical environment. The issue of social control raises numerous ethical and human rights questions. Should the social scientists have the right to intervene in the lives of people to "correct" situations known to have a high probability of "undesirable" outcome? Given that certain environmental quality goals have been determined, should people be coerced into those patterns which will have a high probability of attaining the desired goals? Skinner's (1971) arguments about freedom and the desirability of social control come to mind in this context. These are not easy questions, but they are questions which are associated with knowledge applied to value questions.

Conclusions

The issue of environmental quality is widely accepted as an important issue of the day. Yet when the specifics are addressed, consensus is clearly lacking. This is as one would expect, since matters of values are not readily amenable to agreement.

It has been argued in this paper that contemporary research, for a number of reasons that have little to do with scientific methodology, is not able to provide guidance in the matter of environmental quality. Research in the social sciences suffers from a normative fixation: on description, rather than on hypothesis testing. Finding associations among myriads of cross-tabulations or correlations does not answer substantive questions about social concerns.

It also was argued that once desirable outcomes are determined in a value context, then research can be applied to determine the means best suited to the attainment of the desired outcomes. Finally, it was argued that the implementation of the findings of outcome research was not without serious ethical problems. The implementation of the means to attain socially desirable outcomes intrudes upon human freedom.

Thus in the final analysis, the goal of working towards environmental quality may be noble sounding, but it is replete with problems: problems related to human values, most notably freedom. Indeed, knowing the outcomes of our behavior, do we have either the will or the ability to effect the necessary changes? One is reminded of Pogo's now famous observation, "We have searched for the enemy and the enemy is we ourselves." ☐

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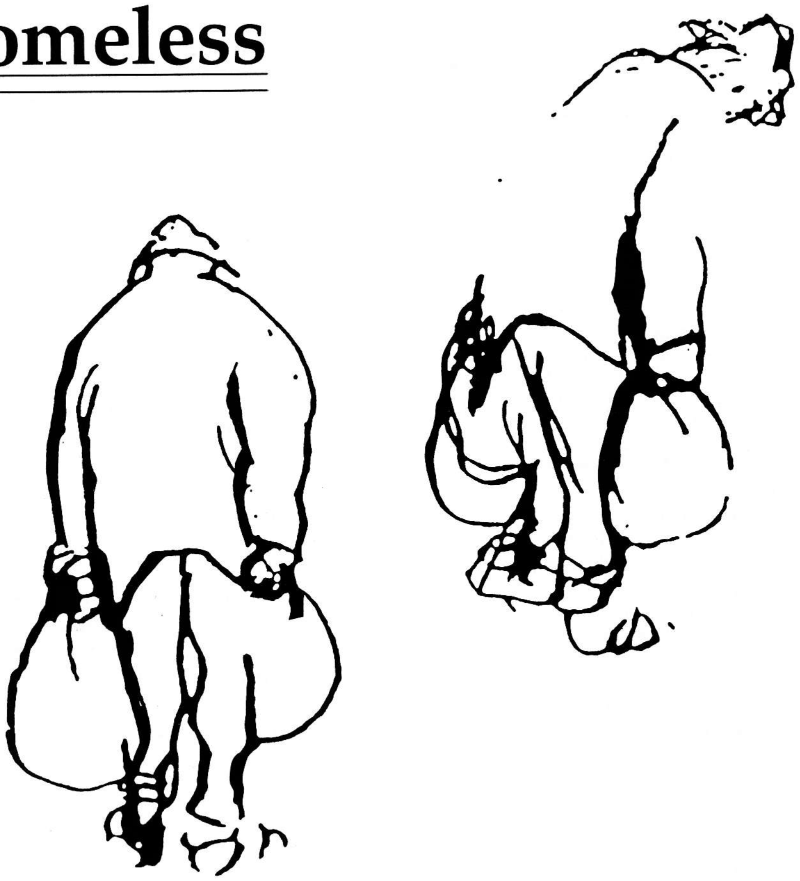
Year of the Homeless

MaryAnn McLaughlin



Adequate shelter is one of the most basic of human needs, and yet, around the world there are an estimated 100 million people who have no place to live. They sleep in the streets, under bridges, and in abandoned buildings.

Homelessness exists in Canada, too. According to one estimate, between 20,000 and 40,000 people in this country live on the streets or are chronically reliant on hostels for shelter. For them, each day and night present the same problems: finding a place to sleep, food to eat, and perhaps a little companionship to help ward off the desperate loneliness. Many thousands more live in the growing network of "emergency" shelters for extended periods of time because they cannot find permanent housing they can afford.

The United Nations has proclaimed 1987 as the International Year of Shelter for the Homeless (IYSH). With this year, the United Nations hopes to draw attention to the crisis of homelessness, and to encourage people to work together for solutions, so that by the year 2000 all people will be adequately housed.

Research and the experience of other countries suggest that housing the homeless involves more than building buildings. A three-tiered approach is needed to develop a less fragmented service system to meet the needs of the homeless. We need to develop emergency, transitional, and long-term shelter programs which will provide support and opportunities for the homeless to help themselves. At each level we need a combination of services, including:

- **basic services** to meet the survival needs of the homeless;
- **stabilization services** to build structure, purpose, and routine into their lives;
- **developmental or growth services** to develop personal and occupational skills; and
- **preventive services** to remove some of the causes of homelessness.

This is a daunting assignment, but one in which home economists certainly have a role to play. ☐

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[1] **Graphic reprinted with permission from** *The Safety Network* newsletter of the National Coalition for the Homeless, New York City.

Sheltering the Homeless

Dana Stewart Mallin

Abstract

The problem of sheltering the homeless is a complex one. The homeless in North America represent a diverse demographic group with one common need — an affordable, decent, dignified home. While the immediate causes of homelessness vary, the long-term trends of deinstitutionalization, deindustrialization, and a decline in general government assistance add to the rapidly escalating number of homeless. At the same time the supply of low-rent units available for shelter is being decreased dramatically due to demolition, arson, and gentrification. Individuals, groups, and governments at all levels are using the designation of 1987 as the International Year of Shelter for the Homeless as a springboard for public awareness of and creative action towards solving this complex problem.

Résumé

Le problème de trouver une habitation pour les sans-abri est complexe. Les sans-abri en Amérique du Nord représentent un groupe bigarré, formé d'éléments disparates, mais qui a ceci de commun — tous sont à la recherche d'un foyer digne, convenable et d'un prix abordable. Les causes immédiates de cet état de choses sont diverses, mais les politiques à long terme du gouvernement qui tendent à désinstitutionnaliser et à désindustrialiser notre société, ainsi qu'à réduire les fonds destinés à l'assistance publique, ne font qu'accroître le nombre des sans-abri. Par ailleurs, le nombre d'habitations à loyer modique baisse à cause d'incendies, de démolitions et de "gentrification". Les individus, les groupes et les gouvernements, à tous les niveaux, forts du fait que l'année 1987 a été proclamée l'Année internationale du logement des sans-abri s'efforcent de sensibiliser le public au problème complexe des sans-abri et de l'inciter à chercher des moyens efficaces pour le résoudre.

The United Nations has proclaimed 1987 as the International Year of Shelter for the Homeless (IYSH). It is only as the year proceeds that the severity of the crises in World settlements becomes known.

The United Nations considers that, throughout the world, 100 million people have no shelter, and that by the year 2000, half of the Third World population will live in urban areas where slums and squatter settlements are growing four times faster than World population growth. (Rooftops Canada Foundation, cited in Canadian Home Economics Assoication, 1986)

The size of the homeless problem in North America is difficult to measure, but it is generally agreed that there are more men, women, and children homeless now than at any time since the great depression. American figures suggest that there are in excess of 2 million homeless and that this figure is increasing at an average rate of 25% per year (National Coalition for the Homeless, 1986). In Canada it is commonly estimated that between 20,000 and 40,000 people are homeless based on reported use of emergency shelters and soup kitchens.

Who are the Homeless?

Contrary to public opinion, the homeless are not all 45-year old alcoholic males or bizarre "bag ladies" living on the street by choice, rejecting assistance. The myth associated with these stereotypes is beginning to be dispelled as the demographics of this group of people become known.

Now, as in the 1930s, the make-up of the homeless population represents a broad spectrum of North American society — the young and old poor, single people, "throw-away" youths, victims of family violence, illegal immigrants, the mentally and physically handicapped, and the able-bodied. They form a new generation of destitute, the "new poor", increasingly made up of women, children, and families.

The homeless population is, moreover, vastly different from the homogeneous skid row population of the '30s and the post-World War II period. For the first time emergency facilities are seeing whole families seeking shelter. Various American studies showed a 28% increase in homeless families last year. In addition, there is evidence that the homeless are getting younger all the time. The U.S. General Accounting Office (GAO) puts the average age of homeless persons at 34 years. Canadian figures show 45% of the homeless population to be between 18 and 34 years. There appears to be a whole new group of homeless people who are young, able-bodied who have never been without shelter or had to beg before. (Bainbridge, 1987).

Duration of Homelessness

In addition to the demographic diversity of the homeless populations in North America, the length of time that this group lacks shelter varies significantly. The American Institute of Architects Housing Committee uses three groupings: the *chronic*, who are homeless for more than 30 continuous days; the *episodic*, who vary being

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domiciled and homeless for usually less than 30 days; and the *situational* who are homeless as a temporary result of acute life crises (Greer, 1986, p. 14).

Although the figures on the homeless vary greatly depending upon the source, one clue to the absolute gravity of the situation is the incidence of people doubling up. The American National Coalition for the Homeless estimated at the end of 1985, that there were as many as 10 to 20 million people doubling up (living with one or two other people or families). Seattle's Mayor Charles Royer noted that "for every homeless person in Seattle, there are 10 others who are at risk, and who need some kind of housing assistance" (Greer, 1986, p. 14).

Paths to Homelessness

The immediate precipitating causes of homelessness are as diverse as the homeless themselves: loss of a job, physical or mental disability, loss of government benefits and support assistance, family break-up, deinstitutionalization, among others.

Andy Raubeson, Executive Director of the Single Room Occupancy (SRO) Housing Corporation of Los Angeles stresses that the most important feature of homeless people is the lack of sufficient resources to afford decent, safe, and sanitary housing. (cited in Department of Health, 1986, p. 101). He notes that with the diminishing of the middle income group in North America, even those of moderate means have trouble accessing "affordable housing" (personal communication, February 13, 1987).

The loss of housing is, of course, the direct cause of homelessness. This loss may be in the form of eviction or threat of eviction; intolerable health and safety conditions of a prior residence; or rent increases beyond one's capacity to pay. The 1986 Task Force on Roomers, Boarders, and Lodgers, headed by Dale Bairstow for the Ontario Ministry of Housing discovered "some pretty brutal statistics" explaining why the number of homeless in Ontario keep rising so dramatically (Bairstow, 1986a). Among these statistics was the fact that Ontario welfare recipients renting private apartments pay on average 64% of their benefits in rent each month. For many people this leaves virtually nothing each month for other basic necessities of life (personal communication, February 25, 1986).

Transition shelters are becoming permanent homes for some of the homeless.

Over and above the immediate causes of homelessness, there are at least three long-run trends which are contributing to the ranks of the homeless: a shift in the care of the long-term mentally ill, a transformation of an industrial economy into a high-tech one, and a decline in general government assistance (Greer, 1986, p. 20).

The deinstitutionalization of the long-term mentally ill has added appreciably to the number of homeless. In the United States, 1,000 mental patients per day are discharged from institutions and many end up on the streets. There tends to be a vicious circle in that the mentally ill are highly susceptible to homelessness while "the very state of homelessness can cause varying degrees of mental illness in relatively short periods" according to Dr. Irene Levine of the National Institute of Mental Health (cited in Greer, 1986, p. 21).

Another phenomenon known as deindustrialization has contributed to the "new poor" — the industrial workers whose skills are no longer needed in our new high-tech society. While these victims of unemployment and changes in the job market are from various age groups, those who are young minority males are particularly hit. In cities such as Winnipeg, unlike Toronto or Montreal, homelessness is racial with many young native people having no hope of permanent work or housing (Bainridge, 1987).

A question that the general public often asks is how can people become homeless with the extensive health and support systems in place in Canada and the United States? It is generally believed that there is a "safety net" in place for all of those in need. However, as Bairstow points out, in 1980 alone in the United States "42% of the 11 million households living under the poverty line received no welfare, no food stamps, no medicaid, no school lunches, and no public housing" (Bairstow, 1986b). For a variety of reasons the homeless do not qualify for public assistance, or they lack a permanent address to receive benefits because welfare does not advance enough for a security deposit and first month's rent.

The loss of affordable housing. With the lack of decent affordable housing many emergency and transition shelters are becoming permanent homes for some of the homeless. There are numerous reasons for the decline in the number of low-income units but urban gentrification is the predominant one. Gentrification forces up property values in the older run-down neighborhoods when housing and apartments are renovated and put back on the market at much higher prices. Once this process begins low-income residents are forced out.

While millions of people in North America are involuntarily displaced each year, over half a million low-rent units in the United States are burned out, demolished, or taken off the market for low-income people. In

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[1] Graphic reprinted with permission from *The Safety Network* newsletter of the National Coalition for the Homeless, New York City.

The homeless population increasingly is made up of women, children, and families.

Ontario, half of the low-income stock has been lost. The Ontario Ministry Task Force estimates that 38 rooming and boarding units were given up or lost *each day* in Ontario over the last decade (Bairstow, 1986a).

Some additional reasons for the decline in low-income housing stock are: greater profits available for alternative construction, rent control, declining federal subsidies to both developers and tenants, tax provisions encouraging abandonment of housing, arson, urban renewal, and highway projects.

Solutions for the Homeless

The physical forms that shelter for the homeless take are as diverse as the needs of the special sub-groups within this population. They can, however, be grouped in three ways: public or private sponsored emergency shelter offering temporarry respite from weather and the dangers of the street; transitional housing, providing services for 3 to 6 months or longer depending upon client need; and long-term living arrangements with appropriate supportive social services.

Because the problems of the homeless are so complex it comes as no surprise that the solutions for homelessness are not simple. Art Eggleton, mayor of Toronto, said "what is needed is top-level co-ordination of the numerous government and community agencies to tackle the needs of the homeless" (cited in Bairstow, 1986b).

Dale Bairstow (1986b) in his address to a 1986 world conference and exhibition in Toronto, outlined a number of solutions to the problem:

- Tenant incomes need to be supplemented through targeted rental assistance programs that bring their rent-to-income ratios to, as a minimum, 40% for hardship cases.
- Governments need to develop programs to help operators providing adequate housing, to stay in business.
- Municipalities need to be encouraged with incentives to amend their zoning by-laws and allow the creation of more rental stock in exchange for grants for each new rental unit produced.
- Private sector and non-profit organizations have to be encouraged to produce small mini-dwelling units in large numbers.
- Existing special housing projects must be opened up for the homeless and low-income singles as an eligible priority group as a part of equitable distribution policies in all communities.
- There should be provincial co-ordinators of the homeless accessed with adequate funding and supported by locally appointed homeless co-ordinators with knowledge of community resources.

As we quickly move through 1987, the U.N. designation of the International Year of the Homeless, has raised the public awareness of the plight of the homeless in industrialized and Third World countries. As this year concludes, the absolute number of the world's homeless will, unfortunately, not decrease. Dr. Arcot Ramachandran, Executive Director of UNCHS Habitat recalled a prediction at the 9th Session of the Commission on Human Settlements when he referred to a quote of 10 years earlier "population growth and rapid change in the location of human activities proceed at such a pace that, by the end of the century, we shall have to build another world on top of the present one" (Staff, 1986, p. 9). He indicated that the issue "is how governments can rise to the challenge posed by settlement growth" and "provide practical, implementable ways of turning aspiration of the people into reality" (p. 10).

In Canada, while the problem of homelessness is not yet out of hand, Bairstow calls for action by governments at all levels, communities, and housing agencies to solve the problems of the homeless.

"Shelter is my right" was the theme of the first World Habitat Day in 1986. It is inconceivable that North Americans cannot, or will not find immediate solutions for sheltering their homeless. We need to reinstate our commitment to provide decent, affordable, dignified housing to those lacking resources to provide for themselves. ☐

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Book Hunger in Developing Countries

Pat Malone

Educators often argue over what should and what should not be included in curriculum and this argument certainly extends to the texts used to teach the subject. There are disputes about the meaning and appropriate degree of "local relevance" in most curriculum areas. One would tend to think that certain subjects would not be affected by the local environment, but this argument continues in curriculum areas such as math and science. In a subject such as home economics, which deals with the family and lifestyles, the local environment and culture **must** be reflected so that the students are able to relate to the material in the text.

Abstract

The development, production, and distribution of textbooks is a complicated process, especially in developing countries. This article outlines many of the problems and a recent attempt by the World Bank to address these issues. As part of this attempt, the World Bank used as a case study a Canadian home economics program to illustrate a successful process for developing texts.

Résumé

La composition, la production et la distribution d'un manuel sont des tâches compliquées, surtout dans les pays en voie de développement. Le présent article expose brièvement les nombreux problèmes que l'on rencontre, ainsi que les solutions qu'a tenté d'y apporter la Banque internationale pour la reconstruction et le développement. En cette occasion, la Banque a eu recours, à titre d'exemple d'une méthode réussie de composition, à un manuel canadien d'économie familiale.

Canadian educators are often unhappy because their texts frequently are of American extract and do not accurately reflect the Canadian situation. However, one might argue that there is a similarity in the North American culture with regional variations. What one could not argue is that there is an abundance of texts and reading materials available for students in the developed or industrialized nations.

Book Famine

What is the situation in developing countries? Book famine is a phrase used by Third World educators to illustrate the widespread shortage of reading materials and textbooks. To further emphasize the situation some educators describe the book hunger to be as real as the hunger for food. But is the "food" digestible? In the recent past, most of the texts available have been from the developed countries such as the United States, Britain or Canada. As one Caribbean Minister of Education observed that when he was studying in school, he read about such things as snow and maple sugar. He didn't know what these things were and they certainly weren't typical of his environment. Subsequently, he ignored what he read in this text.

Textbook provision is essential for improving educational quality. In a study produced for the World Bank about textbooks and student achievement, the availability of books appeared to be the single most consistently positive school factor in predicting academic achievement. The printed word has never been replaced as a fundamental element of the educational process; textbooks remain central to schooling at all levels. In developing countries, textbooks are particularly important because of the shortage of trained teachers and the teacher training that is provided is limited in scope. Under such conditions textbooks are crucial to maintaining minimum standards of quality and the general direction of the curriculum.

Textbook Assistance

Responding to this evidence, textbook provision has become an increasingly important component of World Bank lending in the education sector. Many developing countries such as Singapore and Mexico have financed major textbook provision programs from their own resources. Other donor agencies such as the Canadian International Development Agency or The World Bank have provided textbook assistance to some developing nations.

However programs of this nature are not without their problems. Creating, producing, and distributing textbooks involves many parts of a nation's infrastructure, including government departments, writers, the educational establishment, and the publishing industry. Further complications involve copyright laws, multi-national publishing corporations, not to mention the need for substantial amounts of imported paper and the need for technologically delicate printing facilities. Planning, development, funding, testing, and distribution, as well as coordination of educational, governmental, publishing, and printing resources are necessary to produce good textbooks.

The World Bank Seminar

Some of these components may not exist in many developing nations. To address these issues and facilitate further understanding, the World Bank recently (April, 1986) held a seminar in Washington, DC on the Production, Distribution and Use of Textbooks. The participants were senior officials responsible for the textbook provision system in each of their countries. Representatives from over 20 developing countries met for 2½ weeks.

One of the major concerns was the limitation of economic resources, or put another way, the need to provide appropriate texts within the given

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Caribbean Home Economics in Action Book 3
Caribbean Home Economics in Action Book 2
Caribbean Home Economics in Action Book 1

Caribbean Home Economics in Action on display at reception in St. Lucia.

human and economic resources of the country. The first week was essentially a detailed world overview of textbook provisioning experiences. Much information was provided through discussion of topics such as: the world supply of paper from 1985-2000 and its impact; how good ideas become bad textbooks; and international copyright: its contributions and drawbacks. This overview was coupled with presentations about different organizations working in the textbook area such as Canada's CODE (Canadian Organization for Development Through Education), a non-governmental organization (NGO) which provides paper supply support programs to developing countries.

Four case studies were given to illustrate a wide range of approaches. The Philippine study was a successful example of a government program with funding from The World Bank. The Mexican study indicated how the public and private sector could collaborate to produce a textbook program for Mexico. These two were national programs of a large scale. The Lesotho study provided an example of a small scale but nonetheless successful program. The last study, prepared and presented by the author was textbook development in the Caribbean and the successful role of NGO's. Although all were "success stories", each case study addressed the problems that were encountered and how they had been resolved.

The last week was spent by the participants in simulation; putting their experience as well as their new learnings to practise on two problem-solving exercises: development of texts in a small impoverished nation, and development of texts in a large middle-income nation.

The seminar proved to be successful for all who were involved. The World Bank is planning to put on regional seminars in order to reach more people and nations. It also anticipates publishing a book of the major learnings.

The Canadian Case Study

Of particular interest to Canadian homes economists is the last case study that was examined by the seminar participants involving NGO's and the Caribbean. This particular program was an outgrowth of the Canadian Home Economics Association's International Development Program of Twinning. The Toronto Home Economics Association (THEA) worked together with the Caribbean Association of Home Economists (CAHE) representing 14 countries, to develop three regional home economics textbooks for Caribbean boys and girls at Junior secondary school level (Canadian grades 7, 8 and 9). These were the first books relating to Caribbean lifestyle covering all topic areas of home economics.

The World Bank was particularly interested in this case study because it presents a model of textbook development which is quite different from the usual large-scale, expensive, highly bureaucratized government agency or corporate style of operation, and it was achieved in a difficult multi-national environment.

The question was whether this model of textbook development could be duplicated. In fact, this process is presently being duplicated by the Saskatoon Home Economics Association and the Ghana Home Science Association (GHSA). The model has been improved upon and adapted to the needs of the GHSA. As a point of interest, because of the shortage of paper in Ghana, the CODE paper program, earlier referred to, is providing half of the paper requirements for the development of these textbooks.

When the THEA/CAHE twinning model was presented to the participants at the seminar the response was intensely satisfying. All the participants were impressed with the model, few were aware of the multi-disciplinary nature of home economics, many wanted copies of the books — *Caribbean Home Economics in Action* — and approximately seven countries wanted to participate immediately in a twinning exercise in order to develop textbooks in a similar fashion.

Conclusion

The success of the THEA/CAHE twinning project shows one way to combat book famine in a developing country — two culturally different groups, with the same goal, working together. Not only does the success show in the materials published, but also in the achievement and sense of ownership both associations feel. The development of these materials goes beyond providing relevant learning experiences for the students; it provides the untrained teacher with a valuable source of information particular to the local environment and supported by professionals in the community. With similar projects, book hunger can be nourished with culturally-appropriate textbooks for Third World countries. ☐

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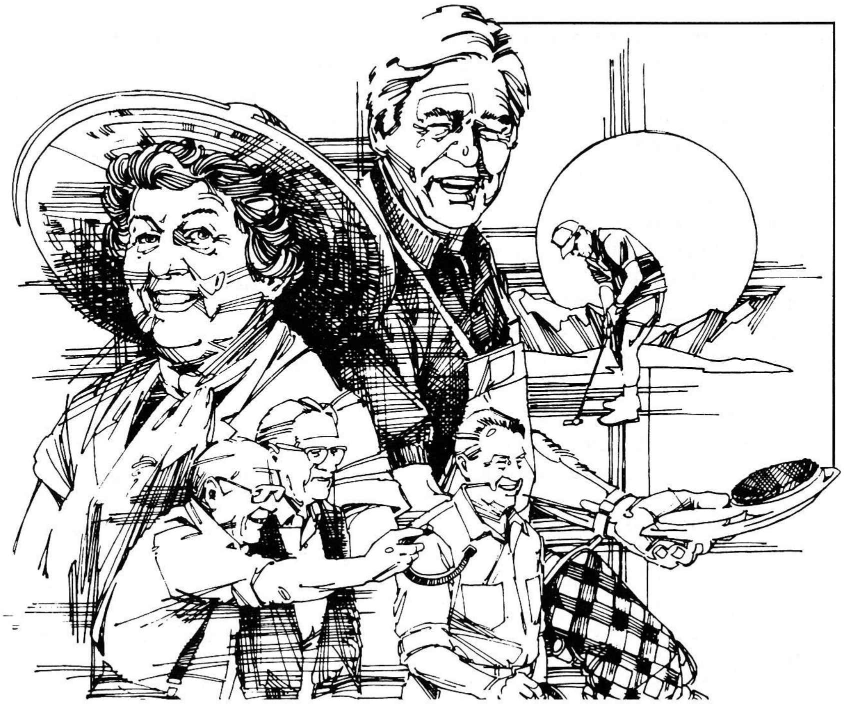

Aging in Canada

A Nutritional Perspective

Magdalena Krondl and Patricia Coleman

Abstract

With advancing age, physiological changes and socio-economic considerations become key issues influencing the vulnerability of elderly persons to nutrition-related disorders. Physical impairment may hinder food-related activities and medications may precipitate or aggravate nutritional deficiencies. Isolation can affect motivation to buy, prepare, and eat adequate meals. With persons over 75 years of age expected to be the fastest growing segment of the Canadian population in the near future, it is important that the role of nutrition in "successful aging" is emphasized. Appropriate intervention programs using approaches which recognize the heterogeneity of elderly populations and build on reliable guidelines will serve to decrease nutritional risks. These services should offer to Canadian seniors a supportive network to assist them in delaying health deterioration and maintaining life satisfaction.

Résumé

Le vieillissement amène son cortège de changements physiologiques et de considérations socio-économiques, lesquels sont des facteurs essentiels contribuant à créer chez les vieilles personnes des problèmes de malnutrition. L'organisme affaibli d'une personne peut entraver les activités se rapportant à l'alimentation, et les médicaments peuvent provoquer ou aggraver l'insuffisance alimentaire. Le fait de vivre seul enlève à la personne âgée la motivation d'acheter, de préparer et de manger des repas convenables. Il est important que l'on souligne pour les personnes de plus de 75 ans — tranche de la population canadienne qui serait appelée à augmenter plus rapidement que toutes les autres à l'avenir — que l'alimentation a un rôle à jouer dans leur vie si elles veulent vieillir en douceur. Des programmes appropriés, qui tiennent compte de l'hétérogénéité des populations vieillissantes et qui se fondent sur des principes directeurs sûrs, aideront à réduire les dangers d'une mauvaise alimentation. Les services dont il s'agit devraient offrir aux Canadiens de l'âge d'or un réseau d'organismes qui les aide à retarder la détérioration de la santé et à jouir des satisfactions de la vie.

Aging is a process which begins at birth and continues throughout life. Nutrition is known to be an important component of "successful aging" at every stage of the life cycle. In the past, many research studies have reflected concern about nutrient needs for optimal growth and development, a pediatric focus; more recently a shift in emphasis to health maintenance and quality of life within a geriatric framework is evident in the scientific community. Paradoxically, decreased infant mortality and declining birth rates in Canada in conjunction with increased immigration are contributing to demographic aging (McDaniel, 1986).

Because of the unique health and nutritional problems of older persons, translating various demographic trends into appropriate health services, food accessibility, and continued life satisfaction is a major challenge for health professionals, educators, community workers, and social planners. This paper will review various aspects of this challenge including nutritional vulnerability of an aging population with evidence from the Canadian scene, factors which lead to nutritional risk for elderly individuals, guidelines for nutrition promotion, and intervention approaches which impact favorably on the food use of older persons.

Vulnerability of Elderly to Nutrition-Related Disorders

While the aim in feeding the young is to promote growth and development, the role of nutrition for aged individuals is to retard the degradation of all living processes. In comparison with the predominantly anabolic phase of life which has growth as an index of appropriate treatment, the catabolic phase is limited in respect to indices of optimal nutrition and is complicated by the incomparable heterogeneity among physiologically mature persons. In comparison with the young organism, unique because of heredity

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plus the imprint of uterine and early postnatal influences, the elderly person is marked by lifelong insults as well. Nevertheless, some conditions impacting on nutritional requirements are common to all older individuals. The biological conditions reflect decreasing tissue function at various levels, reduced immunocompetency, and increased morbidity. The situation is complicated further by psychological vulnerability and in many instances, by deprivation of social advantages.

Physiological changes. With aging there is a decline in the ratio of lean body mass to fat (i.e., the ratio of metabolically active tissue to less metabolically active storage tissue) (Munro, 1984). When combined with reduced physical activity, this automatically places great emphasis on the issue of nutrient density of food choices. Disturbances of the gastrointestinal tract can affect the secretion of digestive enzymes, alter nutrient absorption, and precipitate nutrient deficiencies (Bowman & Rosenberg, 1982; Krause & Mahan, 1984). Food intolerance may compromise eating patterns (May 1984; Pearson, Rix & Bentley, 1983). Perceived tolerance has been shown to be an important factor affecting food use (Lau, 1985; Zimmerman & Krondl, 1986). The capacity of cells to abstract nutrients from the bloodstream may diminish with age (Hickler & Wayne, 1984).

Reduced effectiveness of the immune system over time has been demonstrated. Since nutrition is known to be a critical determinant of immune function (Chandra, 1985), the effect of correction of nutritional imbalance on immunocompetence and resistance to disease in elderly persons is being investigated. The provision of protein-energy supplements and treatment of deficiencies of iron, zinc, and vitamins C, E, and B-complex have produced improved immune responses (Chandra, 1986). Megadoses of some nutrients such as zinc can have deleterious effects on these responses.

Additional physiological changes with aging include a gradual decline in sensory function (Booth, Kohrs, & Kamath, 1982) which may alter food preferences and subsequently affect the nutritional quality of the diet. Perceived taste is a major factor influencing food use throughout life (Lau, 1985).

Nutrition-related diseases occurring more frequently in older populations include hypertension, heart disease, constipation, certain malignancies, and osteoporosis (Hickler & Wayne, 1984). These may be due to general deterioration in the efficiency of major body systems or the consequences of nutritional neglect at an earlier age. A review of nutritional contributors to cardiovascular disease in the elderly (Kannel, 1986) suggests that this disease is controllable and not inevitable even with advancing age.

Physical impairment. Few individuals over 65 are free from some chronic physical impairment which may affect dietary intake; after age 75, the prevalence of these conditions increases markedly. Dental problems affect the intake of many nutrients and fibre when foods such as meats, fruits, and vegetables are avoided (Geissler & Bates, 1984). Reduced salivary secretion decreases the ability to chew and swallow foods. Diseases of the musculoskeletal system such as arthritis may hinder food-related activities and have secondary effects impacting on nutrition. Kennedy (1986) has shown in osteoarthritic elderly persons medicated with non-steroid anti-inflammatory drugs that physical disability was accompanied by emotional depression and these problems were related to decreased appetite and lower food intake. In spite of various infirmities, some seniors subjectively evaluate their health status as good to excellent (Krondl, Lau, Yurkiw, & Coleman, 1982) suggesting adaptation to the condition or, at least, an acceptance of the required treatment.

Medications, caffeine, and alcohol. Polypharmacy is common among older populations (Darnell, Murray, Matz & Weinberger, 1986). It results from increased morbidity and may precipitate or aggravate nutritional disorders. In a study of 194 subjectively healthy elderly (Krondl et al., 1982), 65% used some medications; food energy intake decreased as the number of drugs increased. Some drugs interfere with the absorption of nutrients from the small intestine and impair nutrient metabolism (Roe, 1983). Medications are of particular concern in elderly populations in which drug retention may occur due to decreased protein binding as a result of decreased plasma albumen. In addition, if renal function is impaired, drug clearance will be affected. While decreased appetite and low energy intake are obvious over time, some reactions to drugs are difficult to recognize in older persons, since symptoms may mimic those attributed to aging.

Substances such as caffeine increase vulnerability to nutrition-related disorders since urinary calcium excretion increases with increased caffeine intake (Heaney & Recker, 1982; Massey & Wise, 1984). This may explain part of the steady yearly loss in skeletal mass noted in postmenopausal women, especially if high caffeine use is combined with low calcium intake. Impairment in the homeostatic mechanisms maintaining calcium stores leads to osteoporosis.

The use of alcohol can contribute to or be a precipitating factor in nutrient deficiencies, particularly B-vitamins such as thiamin, and minerals such as magnesium and zinc. Late-life alcoholism may be the result of difficulty in

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coping with many of the stresses of old age (Kart & Metress, 1984).

The elderly are the chief users of therapeutic diets. These are a major cause of malnutrition when food choices are limited or unpalatable (Clarke & Wakefield, 1975). Inadequate monitoring by health professionals may lead to unnecessary or prolonged dietary restrictions.

Nutrient intakes of older Canadians. In terms of nutritional surveys of older Canadians, the only nationwide study has been the comprehensive Nutrition Canada survey with fieldwork carried out between 1970 and 1972 (Nutrition Canada, 1973). Data were obtained on ambulatory, non-institutionalized persons over 65 years of age. In spite of the fact that individuals over 75 years of age are likely to be at greatest nutritional risk, this group was inadequately represented. Those who did participate were considered to be the most vulnerable of any group studied. The diets were most often marginal with respect to vitamin A, thiamin, calcium, and iron.

A provincial survey to assess the dietary adequacy of individuals aged 65 and over in Prince Edward Island (P.E.I. Health and Social Services, 1981) as a follow-up to the Nutrition Canada Survey found low dietary intakes of energy, riboflavin, thiamin, vitamin A, and calcium.

A study by Yurkiw, Krondl, Krondl, and Coleman (1983) assessing energy and nutrient intakes of an independent-living urban population between 66 and 78 years of age showed that a high percentage of single-living elderly men had low dietary intakes of vitamin A, thiamin, and calcium. From Canadian studies there is a consensus that intakes of calcium, iron, and thiamin are below recommended nutrient intakes as illustrated by Leichter, Angel, and Lee (1978); and Reid and Miles (1977).

Nutrient intakes of elderly receiving different food support systems were investigaged by Lee, Olson, and Friel (1984). Subjects having access to all meals in an institutional setting consumed slightly better overall diets, particularly in respect to calcium, than Meals-on-Wheels recipients or those with household assistance only; mean thiamin intakes were lower than recommended levels for all groups.

Canadian nutrient intake information on population groups 75 years and older is limited in comparison with that of other countries such as the United States and United Kingdom (Department of Health and Social Security, 1979; HANES 1971-74, 1977); nevertheless they agree on the types and extent of nutrient deficits.

Determinants of Nutrition Behavior

Many factors influencing nutrition behavior of elderly persons have been delineated and offer a means of identifying individuals at nutritional risk (Krondl & Coleman, 1985). The major determinants to be discussed are living situation, socio-economic status, and health motives.

Living situation. There is evidence that free-living elderly persons who are active, both physically and mentally, and have the opportunity to socialize are more likely to enjoy variety in food use and consume nutritionally adequate meals (Krondl, 1980). In the concept of "social nutrition" (Hanson, 1978) living situation is considered as a possible nutritional risk factor. Level of risk in terms of a hierarchy of actual living situations could be represented as follows (Krondl & Coleman, 1985a):

High risk Housebound elderly, lacking family support
↑
Institutionalized elderly

Single-living men, especially recent widowers

Women living alone

Low risk Free-living, independent elderly couples

When today's elderly were in their youth, women were more apt to be the gatekeepers of the food. Therefore, older men living with spouses benefit from the food-related expertise of the wife and have opportunities to socialize. Recent widowers are at risk when they lack culinary and consumer skills needed for the acquisition and preparation of nutritionally and aesthetically attractive meals, necessary to ensure continued self-care and well-being. Institutionalized elderly are more apt to have chronic disabilities which, when accompanied by the use of medications and restrictions of freedom of food choice, place them at relatively higher risk. The free-living housebound, due to physical and/or mental handicaps, potential lack of interest, or inability to procure and prepare food, are at greatest risk. They may be classified as a frail population and are most apt to be over 75 years of age. It has been suggested that research efforts be directed to this group (Kim, Caldwell, & Williford, 1984).

Isolation can affect motivation to buy food, prepare meals, and consume them (Patten, 1982) and the quality of the diet has been shown to improve when elderly persons shared meals rather than ate alone (Grotowski & Sims, 1978). The elderly in rural areas may be at greater nutritional risk because of isolation (Schlenker, 1984).

Socio-economic status. Socio-economic status may constrain an individual's purchasing power, especially among those on fixed incomes, and result in an overall reduction in food purchases or the buying of less nutritious items (Hermann, 1984). The relation of income to food intake is not a simple one since the use of cheaper brands and reducing food waste may precede limiting the amount of food (McKenzie, 1979). Compared to the average single-living individual or childless married couples, Canadians 65 or older tend to spend less on food (Robbins, 1986). Females spend less than males. Of the total food expenditures, Canada's elderly allocate less to eating out than other life cycle groups. This has been attributred to decreased mobility, reduced income, and fewer opportunities to purchase food away from home.

Health motives. The perception of healthfulness of foods, regardless of actual truth, is a major factor influencing food use, and interest in the health attributes of a food increases with aging (Lau, 1985). Nutrition information may affect the strength of this perception and ultimately mediate use of specific foods, providing that sensory attributes are favorable as well. The association between diet and degree of concern about dietary cholesterol was examined in a group of healthy elderly persons (Goodwin, Leonard, Hooper, & Garry, 1985). Although the effects of dietary cholesterol on health remain controversial, the majority of subjects in this study indicated concern and were restricting foods they believed to be high in cholesterol and animal fat. It is unfortunate that some magazines and books which are unreliable sources of nutrition information are used by seniors as authoritative sources (Read & Graney, 1983).

Increased interest in health may give rise to other changes in nutrition behavior with a potential for negative impact. The use of nutrient supplements is a common practice among elderly persons and frequently is unrelated to confirmed need (Yurkiw et al., 1983; Read & Graney, 1983). Misinformation and vulnerability to faddism may be factors leading to the unwarranted use of vitamin and mineral preparations. Improving the quality of the diet is the preferred means of improving nutrition to avoid economic hardship, toxicity or the creation of a nutrient imbalance. A recent example of an undesirable effect of supplements is the report that iron absorption may be significantly reduced when calcium compounds are taken with meals (Dawson-Hughes, Seligson, & Hughes, 1986).

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The Need for Community Support Services

When the twentieth century began, one in every 20 Canadians was 65 years or over with men outnumbering the women in a ratio of 105 to 100 (Statistics Canada, 1984). In the next 80 years, there was a tenfold increase in the number of persons over 65 years of age but only a fourfold increase in the total population. By 2001, it is projected that the age-sex structure of Canada's inhabitants will be vastly different again. The over 75 age group will be the fastest growing segment, with the increase most pronounced among women. If current trends continue, when the "baby boomers" reach their senior years, they will comprise about 20% of all Canadians.

Early in this century extended families were the norm and the majority of older individuals lived in close proximity to younger relatives. As the need arose, the latter assumed the role of care-givers within informal sharing arrangements. The shift in the ratio of care-givers to care-users, combined with the emergence of the nuclear family, is creating particular health and nutritional concerns for the older generations.

In the past few decades, Canadian seniors unable to manage food acquisition and meal preparation were candidates for institutionalization. Canada has by far the highest percentage of elderly in institutions of all Western countries. This is an expensive and often demeaning living situation. Appropriate nutrition support systems, an essential part of preventive health measures, can contribute to prolonging successful independent living. Several submissions to the Task Force on the allocation of health care resources (Canadian Medical Association, 1985) recognized the continuing contribution elderly persons can make to society if there are suitable services to encourage independent and productive living at home. Evaluation of services must be ongoing to ensure their utilization.

A recent Ontario survey examining the living situations of non-institutionalized elderly persons (United Senior Citizens of Ontario, 1985) has documented the actual and potential use of various community services. Only 16% of those between 75 and 84 years of age and 25% of the over 85s used specific community services for help with day-to-day activities. Few respondents received home delivered meals. Non-use of assistance cannot be equated with lack of need. Programs may not be in place to meet the requirements of selected target populations, especially in rural situations.

One valuable type of support system is home delivered meals. A pilot study carried out to assess the contribution of these meals to an urban population from 75-93 years of age (Krondl & Csima, 1986) found recipients were consuming more meat and dairy products but fewer vegetables than age-matched controls who did not receive dinners. The control group appeared to be at greater risk for inadequate intake of all nutrients except iron, vitamin A, and vitamin C.

Nutrition Promotion

In spite of shortcomings in the data base of nutritional needs and wants of elderly populations, sufficient information is available to warrant the compilation of guidelines for use in developing intervention programs.

Nutritional guidelines. On the basis of research findings in many industrialized countries, nutritional guidelines are suggested for seniors in relation to specific dietary and health practices (Davies, 1986). Limited fat intake with attention to the quality of fat is believed to be desirable; essential fatty acid requirements are likely to be increased since the desaturase system operates at reduced rates with aging. Because refined carbohydrates are cheap, convenient, satisfy hunger, and are psychologically rewarding, restrictions should not be considered without good reason.

Nutrition education can be a means of decreasing the risk of nutrition-related health problems.

A gradual changeover to foods high in complex carbohydrates and dietary fibre is recommended for "younger", active, older persons but with frail older individuals with already low energy intakes, these suggestions may be less desirable. With increased fibre, intakes of fluid, calcium, and other minerals must be maintained. Reduction in salt intake would not be recommended without specific clinical indications. The elderly frequently experience conditions of stress and disease, and processes of recovery which are likely to increase protein needs; for those individuals, the protein:energy ratio of the diet may need to be higher than the 12-14% proposed for the healthy population. Daily alcohol consumption should be avoided and even occasional drinking would not be recommended for individuals with cerebral disease or using medication such as psychoactive drugs. Hazards of obesity may be less critical in older persons than in younger ones except in severe conditions such as osteoarthritis. Exercise should be encouraged and stamina maintained in old age because of the positive effects on appetite and the value in management of diseases such as osteoporosis.

Nutrition education. The interest of seniors in learning about nutrition has been documented (Fernandes, 1981) suggesting that nutrition education can be a means of decreasing the risk of nutrition-related health problems among older individuals. These programs should build on up-to-date guidelines, consider the current recommendations for variety and moderation in food use (Health and Welfare Canada, 1982), and take into account sensory and cultural aspects of food as well as familiarity and availability factors. The message must be tailored to the target audience and skill in selling the message is required (Gordon, 1983). Approaches encouraging the sharing of accumulated experiences can help to break communication barriers among the participants, a serious obstacles in many programs for seniors (Shannon & Smiciklas-Wright, 1979).

Although nutrition education for Canadian seniors may be an important component of health promotion at various levels of intervention, few programs have been described in the scientific literature. One successful program of the 70s utilizing the mass media was the television series "The Senior Chef" (Wolczuk, 1973). Food industry is in a position to use nutrition education as a means of marketing their product lines as is being done by the Ontario Milk Marketing Board with programs for both seniors and health professionals.

An educational program for single, free-living, subjectively healthy urban men and women 65-75 years of age in Toronto included an evaluation of its long-term effects on food use (Wong, Krondl, & Williams, 1982). The 7-week program incorporated the nutritional issues, food selection determinants, and specific interests which had been previously identified among the target group. Major concerns were low-food energy intake associated particularly with medication users, limited use of dairy products by both males and females, and frequent use of nutrient supplements. Program evaluation was based on changes in frequency of use and perceived characteristics of specific "marker" foods compared between the experimental and control groups, and assessed 1 year after the initial survey and 6 months after completion of the intervention program. Long-term increases in frequency of food use were lower than the changes in perceptions; an overall change in use occurred in slightly less than 8% of the foods assessed. Although changes in food use were minimal, they demonstrated that the dietary behavior of older persons is not fixed.

Nutrition education programs should be encouraged; health professionals involved in nutrition promotion for elderly persons need to recognize the heterogeneity of this population, the socio-economic considerations influencing their nutritional status, the importance of disseminating relevant and accurate information, and the value of "social" nutrition in reinforcing nutritionally desirable dietary behavior. The future elderly are likely to be more health conscious and better educated than their parents and grandparents; innovative approaches to nutrition education will be needed to keep pace with these changes.

Conclusion

The aging phenomenon coupled with the vulnerability of elderly persons to nutrition-related disorders must be translated into appropriate nutritional support systems to assist seniors in prolonging independent living and maintaining quality of life. Consumer specialists and nutrition educators are well-positioned to lead in the development of community services to meet these needs. They have the opportunity to promote positive nutrition behavior through innovative communication techniques and marketing skills provided they understand the problems specific to geriatric populations, have respect and empathy for seniors, and are well-informed about current nutritional issues. □

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The Dietary Methylxanthines

A Review

Hannah Whitney

The methylxanthines are a group of metabolically active compounds which are derived from various plants and are present in the diet of many people as well as frequently being used in drug preparations. They are methylated organic alkaloid compounds. The most important, in terms of dietary intake, are caffeine, theophylline, and theobromine.

Abstract

The dietary methylxanthines are a group of three metabolically active organic compounds: caffeine, theophylline, and theobromine. They all exert similar effects on the body although each has a slightly different profile of action. The most important of this group in terms of dietary intake is caffeine which is known primarily for its stimulatory properties but which has many deleterious effects including possible cardiac arrhythmias, dependence, and addiction. One of the more recent findings is that caffeine seems to cause calcium to be lost in the urine. This effect may be a risk factor for calcium deficiency. Some groups, in fact, recommend limiting caffeine consumption as a preventative measure against disease such as osteoporosis. Consumption of this dietary component is difficult to estimate and consumption data is often confusing due to different methods of reporting intake. Further investigation is necessary before we can unequivocally quote a safe level of intake.

Résumé

Les méthylxanthines alimentaires forment un groupe de trois composés organiques qui agissent sur le métabolisme: la caféine, la théophylline et la théobromine. Les trois ont des effets semblables sur le corps bien que chacun agisse d'une manière légèrement différente. Le plus important de ce groupe du point de vue de l'ingestion alimentaire est la caféine qui est surtout connue pour ses qualités de stimulant, mais qui a aussi de nombreux effets nuisibles dont ceux de provoquer l'aryhtmie cardiaque et de créer une dépendance. L'une des découvertes les plus récentes est que la caféine semble causer la perte de calcium dans l'urine, ce qui peut provoquer une carence de calcium. En fait, certains groupes recommandent de restreindre sa consommation de caféine comme mesure préventive contre des maladies comme l'ostéoporose. Il est difficile d'estimer la consommation de cet élément alimentaire, et les données qui s'y rapportent prêtent souvent à confusion en raison des méthodes différentes servant à les cueillir. Il faut poursuivre la recherche avant de pouvoir définir clairement un niveau de consommation sécuritaire.

Caffeine, the primary dietary methylxanthine, has long been recognized as a stimulant, hence its popularity as a constituent of foods and beverages. Coffee and tea (the major dietary sources of this compound) have been used throughout history for their restorative effects: the ability to increase alertness and decrease fatigue. More recently caffeine has been recognized as an analgesic, a diuretic, a stimulant of metabolic rate (Acheson, Zahorska-Markiewicz, Pittet, Anantharaman, & Jequier, 1980), and a bronchodilator (Rifas, 1984). It is for these properties that caffeine is included in so many prescription and over the counter drugs.

The continuous use of caffeine throughout history, since times before the concept of food safety and food regulations, has resulted in its not being considered as a health hazard. Caffeine is included in the United States' Food and Drug Administration's "Generally Recognized as Safe" (GRAS) list of foods. In recent years, however, many studies on caffeine have turned up undesirable side effects such as heartburn, stomach upset, and "coffee nerves" (Sinclair, 1982); a diabetogenic effect (Wachman, Hattner, George, & Bernstein, 1970); dependence and tolerance (Boulanger, Patel, Post, Parma, & Marangos, 1983); and possible cardiac arrhythmias (Dobmeyer, Stine, Leier, Greenberg, & Schaal, 1983; Graboys & Lown, 1983). Still other studies have suggested that caffeine may be a teratogen and/or the cause of still-births and miscarriages (Workshop on caffeine, 1979), and recent work has shown that it is a calciuric agent (ie., it stimulates calcium excretion in the urine) (Heaney & Recker, 1982; Massey & Wise, 1984). This effect will be discussed in detail later.

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Theophylline is also considered to be one of the three "dietary" methylxanthines. This is somewhat misleading, however, since theophylline intake by diet is minimal due to the small amounts present in any dietary sources. It especially should be noted that theophylline is not found to any degree in tea (Graham, 1984) although this is often quoted, by the scientific as well as the lay press, as being a primary dietary source of this methylxanthine. It does have several pharmaceutical uses, however; the major ones are for control and prevention of chronic asthma because of its bronchodilator and respiratory stimulant properties. It is also used in the treatment of acute pulmonary edema and prevention of apnea (temporary cessation of breathing) (Hendeles & Weinberger, 1983). General effects which have been associated with this compound are diuresis, central nervous system (CNS) stimulation, cerebral vasoconstriction, increased gastric acid secretion, and inhibition of uterine contractions (Hendeles & Weinberger, 1983).

Theobromine, the third of the dietary methylxanthines, is found primarily in chocolate (Shively & Tarka, 1984). Minimal amounts are present in tea and coffee.

Physiological Effects

Because of the chemical similarities among these compounds, there are resultant similarities in the physiological effects of the three methylxanthines. The profile of action of each is slightly different however, as each exerts its effects to a differing degree on particular mechanisms. For example, theophylline is a much stronger diuretic than is caffeine (Takeuchi, Kogo, & Aizawa, 1981), whereas caffeine is the stronger CNS stimulant of the two (Hendeles & Weinberger, 1983). Theobromine is the weakest CNS stimulant of the dietary methylxanthines (Hirsh, 1984). To examine the dietary effects of the methylxanthines attention will be given to caffeine because it is the major methylxanthine in terms of dietary consumption.

Because of caffeine's continuous use throughout history, it has not been considered to be a health hazard.

The mechanism by which caffeine exerts its effects has been the subject of debate. Sutherland, Robison, and Butcher, (1968) first proposed that methylxanthines inhibit the phosphodiesterase breakdown of cyclic-3'5'-adenosine monophosphate (cyclic AMP). Cyclic AMP, the ubiquitous cellular mediator of hormone action, allows cell reactions to proceed at a faster rate. The hypothesis initially put forth suggested that if the degradation of cyclic AMP was inhibited by caffeine, it would have longer to exert stimulatory effects. This theory has recently come into question as a result of more recent research and repeated failure to find a consistent connection between methylxanthines and increased cyclic AMP levels *in vivo*. It is now thought that this mechanism is viable but only at methylxanthine levels far above those which would occur physiologically.

The more recent hypothesis concerning the action of methylxanthines suggests that they competitively inhibit adenosine receptors in the central nervous system (CNS). Adenosine occurs naturally in the CNS and exerts behavioral, electrophysiological, and biochemical depressive effects (Hirsh, 1984). Antagonism of this compound, then, by the methylxanthines would explain their observed stimulatory effects. It has also been observed that theophylline may actually inhibit the formation and/or release of adenosine (Hirsh, 1984). The theory of adenosine antagonism by methylxanthines has been offered as explanation for the addictive effects (tolerance and withdrawal) of the methylxanthines. With prolonged ingestion of methylxanthines and consequent blocking of adenosine receptors, more of these receptors are produced by the body in an attempt to compensate. This produces a state of methylxanthine tolerance. Removal of methylxanthines at this point produces symptoms of withdrawal since the now-empty excess adenosine receptors create an exaggerated response to adenosine (Hirsh, 1984).

Although it may seem that all of the physiological effects of caffeine are well documented, this is not actually the case. Pharmaceutical, nutritional, and biomedical research is continuing to identify previously unknown effects of the drug. One of the more recent developments in this area is the discovery of the calciuric effects of caffeine mentioned previously.

Calciuric effect. The calciuric effect of caffeine was first elucidated by Heaney and Recker (1982) in a dietary survey of pre- and post-menopausal women (n=170) conducted over a period of 5 years. At the beginning and end of the 5-year study, each woman was admitted to hospital for 8 days of intensive physiological measurements. Diets were formulated to approximate as closely as possible the normal consumption of the women and more than 100 variables were measured. The researchers found a correlation between caffeine intake and decreased calcium balance by a linear regression analysis and the decrease in calcium balance was found to be proportional to caffeine intake. They suggested that the increased calcium excretion was not related to differences in calcium absorption and therefore calcium stores were being depleted.

Two other researchers, Massey and Wise (1984), conducted a further study on female college students (n=12) to test the effect of caffeine consumption on calcium balance more directly. The caffeine was administered in three dose levels in a decaffeinated tea or coffee vehicle and total 3-hour urinary calcium was measured. They found that urinary concentrations of calcium increased with caffeine consumption and that the amount of caffeine needed to show this effect was not excessive.

Clearly if chronic caffeine consumption causes chronic calcium loss from the body this would create a possible risk situation for calcium deficiency and the resultant deficiency diseases such as osteoporosis. In fact, although the connection between caffeine and calcium has not been conclusively demonstrated, the Osteoporosis Society of Canada has recommended limiting caffeine-containing foods and beverages in the diet as a prophylactic measure against osteoporosis (Harrison, nd).

A recent discovery is the calciuric effect of caffeine.

Caffeine Consumption

Caffeine, from a wide variety of sources, is consumed by a majority of the world's population. "One or more caffeine-containing beverages and foods ... are used by most adults and children alive today" (Gilbert, 1984). The literature is very confusing, however, when it comes to stating exactly how much caffeine is consumed in a population. An accurate representation of worldwide consumption, for example, can only be estimated from such sources as import/export, production or purchasing data. Intake of caffeine in smaller populations may be indicated by surveys. Gilbert (1984) reports the results of a Canadian survey which stated that more than 92% of adults drank tea or coffee on the day prior to questioning.

In another analysis using production data and several assumptions such as average caffeine content of various products, the same author placed the per capita consumption of caffeine from coffee alone in the United States at 125 mg/day. Canadian data would probably be similar.

These types of consumption data are confusing for several reasons. Many sources, such as the above calculation by Gilbert, provide data concerning intake of caffeine from one particular source such as coffee. This estimate does not include caffeine consumed from other dietary sources such as tea, chocolate or carbonated beverages. Secondly, studies often report intake of methylxanthines as mg/day "per capita". This measurement uses the whole population as its sample size and includes actual consumers of the methylxanthine in question as well as non-consumers. Among those who do consume the substance or food product, consumption is actually higher.

A further difficulty arises in translating milligrams of caffeine intake per day into "cups" of coffee per day. Large discrepancies arise from different interpretations of the size of a "cup" of coffee and the strength of the brew contained in the "cup". It appears the average "cup" size in 1975 was about 150 mL whereas more recent studies show the average "cup" of coffee is about 225 mL (Hirsh, 1984), reflecting the use of mugs rather than traditional teacups for coffee drinking. The caffeine content has been estimated to be anywhere from 0.1 to 1.2 mg/mL (mean 0.4 mg/mL) (Hirsh, 1984). The wide variation arises from different brewing methods and time of brewing as well as type of coffee used.

Conclusion

Now that many of the effects of caffeine, theophylline, and theobromine have been elucidated and as more become known in the future, it is of paramount interest to determine at what levels of intake these effects are significant. The question everyone wants answered is "how many cups of coffee a day are too many?" We can hope that with future research this question can be more clearly answered than it can be now. ☐

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CHEA's Professional Services

Carol T. Culhane

A measure of members' satisfaction

Abstract

This article reports on a small marketing research project conducted during the summer of 1985 to complete course requirements for a marketing research credit. The research was designed to explore and measure the satisfaction the CHEA membership derived from CHEA's professional services "bundle". Recommendations as to altering or improving upon this aspect of CHEA were gathered. The survey results provide valuable input for discussion, action, and further research. They show the CHEA membership to be highly concerned with and committed to improving CHEA, and, maintaining the multifaceted yet holistic approach of the home economics profession.

Résumé

Nous parlons ici d'un petit projet de recherche en commercialisation réalisé au cours de l'été 1985 dans le cadre d'un cours de recherche en marketing. Cette recherche visait à définir et à évaluer la satisfaction que les membres de l'ACEF tirent des services professionnels que leur offre l'association. On a également recueilli des recommandations quant à la modification ou à l'amélioration de ce volet de l'ACEF. Les résultats de ce sondage établissent une base de discussion, d'action et de recherche plus approfondie. Ils indiquent que les membres sont vivement intéressés à améliorer l'ACEF et désireux de le faire tout en maintenant l'approche pluridisciplinaire quoique holistique de la profession de conseiller en économie familiale.

Completion of course requirements for a Master of Business Administration degree from the University of Ottawa involved the design and implementation of a marketing research project. The decline or stagnation of the Canadian Home Economics Association's (CHEA) membership throughout the 1980s was primarily selected as an area of study for numerous reasons: the writer is a concerned member of CHEA: the national office of CHEA expressed a strong desire to participate in the study and to benefit from its conclusions; and, the subject matter met the criteria established by the Department of Graduate Studies, University of Ottawa.

A telephone survey of both new members of CHEA and recently resigned members of CHEA showed that home economists join CHEA to receive professional development and services. Similarly, home economists resign from CHEA feeling that this need had not been met. Thus, declining membership was not the problem to be studied, but rather a symptom of another problem. The problem to be probed and investigated was the apparent inadequacy or inappropriateness of the professional services "bundle" CHEA offers its members.

The purpose of this marketing research project was to explore the appropriate type of professional services necessary to satisfy the needs of the membership, and, to attract and retain CHEA members.

Design

A written questionnaire was constructed, using both open-ended and closed questions. Respondents were asked to identify the level of importance they attributed to, and level of satisfaction derived from five of CHEA's professional services: the *Canadian Home Economics Journal; Rapport;* government representation on pertinent issues; professional development; and the CHEA Annual Conference.

Respondents were asked to list any services in addition to the five noted above, and to comment on their provision; and to make recommendations for improvement, and, to identify any services they wish to see added or deleted. The respondent's level of active participation in CHEA was measured as well as determinants of and deterrents to this role taking. Reasons for joining CHEA were also determined.

The questionnaire was distributed to 300 delegates attending the July 1985 CHEA Annual Conference in Vancouver, Canada. Ninety-three, or 31.3% of the distributed questionnaires were returned completed.

Results

Professional services. Correlating the degree of importance a respondent attached to a particular service with the level of satisfaction derived from that service, allowed the researcher to categorize and priorize the responses. Services held in high regard and providing high levels of satisfaction need be maintained and supported but are not areas requiring corrective action. Likewise, services registering low in both importance and satisfaction derived can be given lower priority. Areas requiring immediate investigation and corrective action are those held high in importance yet registered low levels of satisfaction. Table I shows the results in these terms for the five services listed in the study.

The three areas requiring corrective action to satisfy the professional needs of the CHEA membership are, progressively, the CHEA Annual Conference, CHEA representation to government on pertinent issues, and, professional development.

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Table 1. Level of Importance/Satisfaction with CHEA's Professional Services

	Percentage of Responses		
Area of Professional Service	High Importance/ High Satisfaction	Low Importance/ Low Satisfaction	High Importance/ Low Satisfaction
Canadian Home Economics Journal	77%	8%	15%
Rapport	77%	8%	15%
Annual conference	64%	11%	25%
Representation to government on pertinent issues	56%	8%	36%
Professional development	42%	10%	48%

Respondents were asked to list and comment on any professional services offered by CHEA apart from those given in the questionnaire. Of the responses gathered, 25% were related to networking; 14% mentioned international development; 13% noted the Membership Directory, and 10% mentioned Operation Alert. Recommendations as to how CHEA can improve upon the delivery of its professional services showed 44% calling for increased personal contact and 10% asking for membership involvement in the *Canadian Home Economics Journal.*

By eliciting "top-of-mind" responses the researcher could infer an importance the respondent may attach to these services. Since all of the additional services listed by the respondents are of a "networking" nature, and since the majority of the recommendations obtained relate to networking, it could very well be that if "networking" had been measured along with the others in the questionnaire, then "networking" may have been rated high in importance and low in satisfaction by the respondents.

Active participation in CHEA. Fifty-two percent of the respondents had taken an active role in CHEA with committee work and conference work most frequently cited. A high level of satifaction was recorded.

Of the 48% of the sample who were inactive, one third were willing to become involved, one third were unwilling, and one third were uncertain. Commonly cited deterrents to active participation were present involvement with local or provincial home economics associations; time constraints; other commitments; nobody asked; and I didn't volunteer.

Determinants to joining CHEA. The respondents' reasons for joining CHEA were measured. Of the many answers received, 32% mentioned professional commitment/ obligation; 15% professional updating; 14% were recruited by another CHEA member; 13% felt a need to link with the profession as a whole, and, 12% responded to a CHEA promotion while attending university.

Discussion

This study was exploratory so as to verify and/or clarify the apparent inadequacy or inappropriateness of CHEA's professional services. Numerous open-ended questions were used. The respondents demonstrated a high degree of innovative and committed thought in their many and varied, and sometimes lengthy responses. They enjoyed saying what they thought.

Self-selection bias is inherent in this research. Data collected from 94 CHEA members attending an Annual Conference cannot be extrapolated onto the approximately 2000 members. Although self-selection bias limits extrapolation, the sample appeared to reflect an accurate cross-section of the membership. The conclusions reached can provide input for further discussion, research or action.

CHEA must seriously review its delivery of professional development, of government representation on pertinent issues, and of the Annual Conference. Many comments regarding these services were gathered from the sample, indicating a degree of concern with and commitment to improving CHEA.

Networking is deemed a valuable service of CHEA, both intrinsically and as provided by other CHEA services such as International Development, the Membership Directory, and Operation Alert. Concurrently, the respondents called for improvement in this area: better written communication; more personal contact, increased formal and informal sharing of CHEA's activities, problems, accomplishments, and successes. Thus, the sample asked that the content per se of CHEA's professional services remain unchanged. What must change is the manner in which the services are provided: more personal delivery, more leadership, and more grassroot news.

Annual conference. The idea of specialist conferences was poorly received. Thus, while the sample expressed a strong desire for professional development, they are not willing to forfeit the generalist nature of the profession to achieve this end. One cannot overlook the large magnitude of comments offered in this regard. Although regional conferences also were outvoted, a substantial number of respondents were open to a compromise — alternating national and regional conferences. The major deterrents to CHEA's Annual Conferences are economic which further justifies a serious consideration of regional conferences.

Networking is a valuable service.

Quality of programs can act as both a deterrent and a determinant. Many respondents asked for increased professional content at annual conferences. Networking was shown to be the strongest determinant to conference attendance.

Membership. Professionalism in one guise or another is the major determinant to CHEA membership. CHEA members themselves are effective at attracting new members. Approximately one half of the sample were inactive members with one third of those willing to become active and one third uncertain. The task at hand is to reach out to that one third ready and willing to act, and, to win over those who are undecided. Testimony of the high level of satisfaction derived from active participation may aid recruitment of active members.

This survey has shown that home economists enjoy the multifaceted aspect of their profession and will fiercely protect it at all costs. Respect for an interest in the many streams pursued by the profession is paramount and is deemed a necessary ingredient for the holistic approach of home economics to remain relevant and vibrant.

> *Testimony of the high level of satisfaction derived from active participation may aid member recruitment.*

Home economics is often described as a helping/serving discipline. This survey has shown that home economists want the same for themselves from each other in much the same way the profession reaches its clients: personal contact, sharing, teaching, and leading. Should the leaders in both the profession and in CHEA take the initiative to foster a rich base of networking, then CHEA will grow in strength despite its diversity.

Recommendations

Recruiting members. Professionalism was shown to be a strong determinant to joining CHEA. Therefore, publicity campaigns could emphasize that "professional" home economists belong to CHEA. The "networking" services such as Operation Alert and the Membership Directory should be promoted. CHEA members themselves are an effective and viable salesforce. Perhaps the "salesforce" could be motivated with tangible incentives.

Increasing participation. *Rapport* could be used as a medium to enlist active membership by identifying in every issue, the names of CHEA's Regional Directors, noting that these officers are the people to contact should a member be interested in volunteering time, expertise, and/or services. Testimony by those who have pursued active roles within CHEA with respect to the satisfaction derived may encourage the inactive cluster.

Both the *Canadian Home Economics Journal* and *Rapport* could highlight and report on the work and accomplishments of active members. Rather than report on what is happening, write about who is making what happen. This may identify leaders in the profession; stimulate dormant interests among the membership; and, provide sufficient incentive for others to become involved.

Professional development. Improvement in one aspect of CHEA's professional services may enhance the satisfaction derived from another. Altering the content of annual conferences will enhance both the conference and CHEA's attempts at providing professional development. Improving the communication to members regarding CHEA's government representation on pertinent issues could facilitate CHEA's networking, or, could provide voluntary professional development of individual members by cultivating involvement in social issues. Thus, fostering improvement in one of the three crucial areas identified: annual conferences, government representation, and professional development, may enrich another. □

Themes for 1988

With the approach of the 1990s, Canadians are being forced to cope with a myriad of social and economic issues, never before addressed in such depth. In 1988, the *Canadian Home Economics Journal* will focus its attention on four of these pressing areas of concern. Home economists, in all facets of the profession, are urged to ponder and interpret these concepts.

Winter: **Computers in Home Economics**
(Submission deadline September 15, 1987)

Canadians are a technically oriented society whose everyday lives are touched in someway by computers. Are home economists keeping abreast of the latest trends and ideas in computer technology? Are they effectively integrating computer usage into their private and professional lives? Have computers become expensive game machines or are they valuable tools to the improvement of the quality of life?

Spring: **Trends in Home Economics Education**
(Submission deadline December 15, 1987)

Home economists are innovative people who have created new and unique educational programs for students from the kindergarten to senior high school level. How can teachers keep abreast of the latest methodology? Is retraining and professional development a necessity, and is it encouraged and funded by employers? Are teacher training facilities adequate to meet the current needs of teachers and students?

Summer: **An Aging Population**
(Submission deadline March 1, 1988)

Canadians are an aging society and are only beginning to realize the implications of a low birth rate and a longer life span for the population. Seniors face daily crises in such crucial areas as health care, housing, finances, and nutrition. Will the small, youthful segment of society be willing and able to support the larger, aging segment? How has the quality of life for seniors been affected by current governmental policies?

Fall: **The Child and Family**
(Submission deadline June 15, 1988)

Day care programs have become a vital necessity to the working parent. Are child and parent adequately served by current child care programs? Are corporations and institutions doing their part to assist the parent in coping with a child in a day care institution? Is child abuse on the increase because of stress on the parent?

The readership is encouraged to share their ideas, experiences, perceptions, and research through the submission of a manuscript to the *Journal.* □

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Beyond the Budget

Personal Financial Planning

Ruth Wong

Personal financial planning is a service which is commercially in vogue. The service is becoming increasingly popular with families who are ready to expand their net worth. They see the need to manage their financial resources wisely on an ongoing, systematic basis. Home economists can find a place in the rapidly expanding financial services industry.

Financial planning is available as a stand-alone, objective, fee-based service. More often, however, it is an entree to the sale of financial products, such as life insurance and mutual funds. It is not necessary to have a plan prepared professionally. Most of the planning consists of research and common sense. However, most people do not have the time or the inclination to prepare a plan.

Abstract

The growing awareness and interest in personal financial planning has created a role which the home economist, specialized in the family and family economics, is well able to fill. This article summarizes the needs for planning, some obstacles to its acceptance, and the skills which can be used in the process. As more families depend on the advice of skilled professionals to manage their finances, the market potential for the planning, counselling, and adult education expertise of the home economist is great.

Résumé

La sensibilisation et l'intérêt croissants du public à la planification financière personnelle ont créé un rôle que l'expert en matière de famille et d'économie familiale est capable de bien remplir. Le présent article explique en résumé les besoins de planifier financièrement, les obstacles à cette planification, et les aptitudes nécessaires pour la mener à bone terme. Comme de plus en plus de familles ont recours aux conseils de professionnels financiers pour gérer leurs finances, grande est la demande pour des experts en économie familiale qui savent planifier, conseiller et enseigner aux adultes.

Financial planning is a life skill that is not aggressively taught in schools or universities. Instead, it is learned by trial and error. The rewards of financial experimentation can be lucrative. Its penalties can devastate a family. As more families depend on the advice of skilled professionals to make their money grow, a new profession emerges: personal financial planning.

The Home Economist as Financial Planner

The home economist, in particular one who has specialized in the family and family economics, is a professional well suited to the delivery of financial planning services. An understanding of family functioning and life cycle is basic to the development of any financial plan.

Financial planning is a long-term process — one that spans the life of the individual and the life cycle of the family. On one hand, the financial plan must evolve to reflect the changing needs of the individual according to one's personal goals. On the other hand, the financial needs of the family cannot be neglected as it moves through stages of emergence, expansion, and maturity.

The result is not a single financial master plan. Instead, it is a series of plans developed over time. The plans consist of financial strategies designed to move the family closer to attaining its financial goals and to creating and maintaining wealth. The plan also may contain benchmarks to measure the family's financial progress year by year. Careful planning can ensure the economic survival of the family and increase the family's chances of financial success.

Obstacles to Planning

While most families like the idea of wealth, few families invest the time and effort to plan for it. There are several deterrents to planning. Often there is reluctance between spouses to discuss their attitudes towards money and wealth. There may be lack of communication about personal and family financial goals or the politics of money within the family.

Planning also is hindered by the lack of current financial information to facilitate decision making. Unlike corporations, families seldom define their purpose or objective as a profit-making or wealth-generating unit. The family leans more towards consumption, accumulating mostly material rather than financial wealth. The home economist can be effective in assisting families in defining financial goals and in motivating them to channel their financial resources towards these goals through investment in appreciating assets.

As couples become enthusiastic about their personal and financial goals, they begin to feel more at ease discussing their personal money philosophies. Our upbringing, religion, how our parents dealth with money influence the way we perceive money and whether or not we maximize our wealth.

Divergent money attitudes of spouses can spur heated debates. In some families, the topic of money is strictly taboo. Even when money attitudes are not discussed openly they are nevertheless expressed in consumer and investment behavior. The result of this behavior appears in the personal net worth statement and in the family balance sheet. The home economist can play an important role in counselling individuals and families by helping them examine their attitudes and identify effective behaviors which form the basis of wealth creating activity.

In many respects, "personal financial planning" is a misnomer. The financial planning process involves the entire family, including the children. The home economist may act as a catalyst for the family to complete specific financial tasks such as drafting current wills, "income splitting" among family members, the succession of the family farm or business, and the consolidation of individual net worth in the family balance sheet.

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Along with the increasing awareness of an individual's economic and financial contribution to the family, is the realization of potential shifts in the balance of financial power in the family. This arises from the financial resources brought into the family at the time of marriage, income earning capacity of family members, changes in the proportion of investment ownership as a result of "income splitting", or the inheritance of income or assets of an estate.

Families Need Financial Planning

A family does not need to have a sizeable net worth to justify ongoing financial planning. In particular, families with limited discretionary income face problems similar to families with wealth. For instance, these families require technical advice on:

- adjusting to annual changes in income tax legislation;
- long-term retirement and estate planning amid proposed amendments to pension reform and family law;
- making wise investment decisions amid the confusing plethora of choices in the financial marketplace; and
- protecting family income and assets from risks, such as the disability or death of the major income earner.

Planning is a lifelong process, facilitating long- and short-term decision making on the family's financial rights and obligations. As income tax legislation and financial alternatives spiral in complexity, there is a greater need for planning to be adaptable to changing circumstances in the family and in our economic environment.

The key to planning is simplicity, using practical technical advice and common sense to create flexibility and a broad spectrum of financial alternatives to consider in the future. The approach to planning should be cohesive, encompassing all areas of family finance including:

- personal financial health — savings, debt reduction, and record keeping;
- income and asset protection — life and general insurance;
- tax planning — maximizing the use of deductions, exemptions and credits;
- investment planning — selecting suitable investment vehicles; and
- retirement income planning — accumulating appropriate retirement income sources to deal effectively with inflation during the retirement years.

By its very nature, financial planning assumes a holistic approach to problem solving. Change in any element of the plan affects the entire plan. For example, changes in tax legislation may result in changes in investment strategy and estate planning.

Specialization in Financial Planning

Strategies and alternative courses of action selected depend on family issues and situations. Rural families may have limited access to financial institutions, services, and information. This, in turn, limits the extent to which a financial plan, no matter how well devised, can be implemented and changed when necessary. Family farms and businesses plan not only to ensure the viability and succession of the business, but also plan the equally important financial viability of the family. The home economist, working in co-operation with the family's business advisors, can bring the family's finances back into perspective.

The key to financial planning is simplicity.

Families confronting change as a result of unexpected wealth from inheritance, job relocation, or mandatory and voluntary retirement, need to realign their personal goals with their investment objectives. If there is resistance to change, for example in selling the family business to create retirement income, then the family will eventually need to adjust to the emotional and physical release of a venture that may have started several generations ago.

Critical events, such as disability, divorce, and bereavement, usually trigger the examination of family finances and its ability to meet short-term obligations. Planning should not be left until these events occur. In most cases, planning should take into account the possibility of these events occurring to avoid financial disaster in the future.

Families in a financial quicksand, facing foreclosure of their home or personal bankruptcy require immediate, palliative attention. Once again, family financial crises can be averted with preventive ongoing planning with a financial planning professional.

Developing Skills for Financial Planning

Financial planners come from many disciplines and specializations, including law, accounting, life insurance, and investment sales. Those who practice in a fee-only, commission-only or a combination of fee-and-commission capacity, are encouraged by organizations such as the Canadian Association of Financial Planning to seek formal education in financial planning.

The Canadian Association of Financial Planners is a 600-member organization of practising financial planners. Many of the members are Chartered Financial Planners (CFP), a designation awarded to individuals who have completed a program consisting of six courses in economics, taxation, law, financial institutions, and financial planning. The designation is granted by the Canadian Institute of Financial Planning.

Currently, there are no provincial or federal regulations to define the qualifications of a financial "planner", "advisor" or "consultant". Nevertheless, with the help of the media, the public is encouraged to seek the advice of professionals who have completed a recognized program of studies.

The approach taken by home economists working with families is complementary to the provision of financial planning services. Valuable assets in this field include:

- assessment and interview skills;
- counselling skills, particularly in crisis intervention;
- experience in adult education;
- computer literacy for financial modelling and projections;
- knowledge of personal income tax legislation and proposed legislation;
- knowledge of financial products which are currently marketed;
- awareness of the services of financial institutions; and
- ability to work with a team of financial professionals (lawyers, accountants, stockbrokers, life insurance agents).

Through field work and an internship program, students can gain "hands on experience" with financial planning tools under the guidance of experienced planners.

The home economist can play an important role in shaping the profession and in involving the family in the financial planning process. □

The Utility Home Economist

A Changing Role

Lillian McConnell and Leslie Collins

Electric and natural gas utilities were a popular source of employment for home economists in Canada during the 1950s, 1960s, and 1970s. These utility home economists were paid well, opportunity existed for advancement within the home services department, they had the usual benefits offered employees of a large progressive company, and the work was both varied and challenging. However, over the years, the role changed. How the changes evolved, the implications of these changes, and what the future has to hold are worthy of consideration.

Abstract

Home service departments, staffed by utility home economists from the 1950s to the 1970s, had a diversified function including education, extension, public relations, sales, and customer service. Following the oil embargo in 1973, and the subsequent energy crisis, home service departments were minimized or closed. In the 1980s utilities concentrate on sales. If there are to be positions for utility home economists, those in the positions must be well trained in management and assertiveness skills, and have definite writing and marketing abilities.

Résumé

Les départements de services familiaux, ayant à leur emploi un personnel de spécialistes en économie familiale, ont des années 50 aux années 70 joué divers rôles, y compris ceux d'éduquer et de servir la clientèle, de vendre au public et d'entretenir avec lui de bonnes relations. Après l'embargo sur le pétrole en 1973, et la crise énergétique qui s'ensuivit, ces départements furent soit fermés, soit réduits dans leur champ d'activité. En effet, dans les années 80, les services publics mettent l'accent sur les ventes. Si jamais il y a des postes pour les experts en économie familiale dans le service public, ces derniers devront être bien formés en gestion et dans l'art de persuader, et savoir rédiger un texte et faire de la mise en marché.

A Utility Home Economist

What is a utility home economist? The answer depends on where you live in Canada, whether you live in an urban or rural setting, and your age.

In the early 1950s home economists were hired in large numbers by Canadian utilities. Modelled after the U.S. utility home economist, the role was primarily sales and customer service. This was particularly true of the privately owned gas companies in central Canada. By 1970 Consumers' Gas in Toronto had 18 home economists on staff, Union Gas Company of Chatham, had about the same number, and Greater Winnipeg Gas (now ICG Utilities) had an active, although not as large, group of home economists.

In general, electric companies had smaller home service departments. Several home economists were working for most electric utilities by the late 1960s and home service was important to each organization's customer service. Calgary Power (now TransAtla Utilities Corporation) had a maximum of three on their home service staff; Saskatchewan Power Corporation (SaskPower) had three full-time home economists plus one or two part-time; Manitoba Hydro had five home economists, and BC Hydro had eight at one time. Many of these positions had a diversified role and did not follow as closely to the model of the American home economists as did those of the gas companies.

An Example: SaskPower

SaskPower is a provincially owned dual utility providing both electricity and natural gas to most residents of Saskatchewan. A rural electrification program began in Saskatchewan in 1949 and continued throughout the 1950s. It was a "dynamic operation" (White, 1976, p. 161) and "the most widespread rural electrification program in Canada" (Volk, 1980, p. 193).

In 1956 when SaskPower's home service section was formed the first requirement of that one-person department was to provide programs to educate rural women, who had never before experienced the use of electrical appliances. Selection, use, and care of electrical equipment was the focus of the SaskPower programs (Volk, 1980, pp. 146-147).

Similarly, the distribution and sale of natural gas to Moose Jaw, and later to all Saskatchewan urban centres, saw the home service section, now consisting of three home economists, undertake the task of dispelling the fears associated with natural gas and promoting the use of natural gas equipment.

Programs. During the first 15 years the function of the home service section remained constant — providing customer information and services that would increase sales for the utility. This was achieved by educational and, to some extent, public relations activities such as cooking schools, freezing foods demonstrations, laundry information sessions, and small appliance promotions. Yearly school programs included the loan of large appliances to home economics classrooms.

Over time job functions changed as departments were reorganized and shifted within the utility. The progression of name changes of the department and of the larger division reflects the shift of focus through the years — from sales to consumer services to marketing to customer information to customer advisory services.

A pen name, Penny Powers, was developed to signify the home economists and it was a useful tool. Penny Powers developed a reputation for

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truthful, unbiased information. Unfortunately the public did not always keep up with the home services trends and to some people Penny Powers was just a "good cook". However, for the 15 years the pen name was used the advantages far outweighed the disadvantages. During this time it was probably one of the best marketing schemes of any company in Saskatchewan. It was, in good part, due to the integrity, dedication, and ability of the home economists but was also because the program fit the times.

Home service departments had to change or become extinct.

A Crisis

In 1973 utilities changed. The oil embargo caused an energy crisis felt by every utility in Canada. There was a rapid demise in personnel of home service departments. The change was most dramatic in privately owned companies, many of them gas utilities, where the focus had been more narrowly defined to "hard sell" and to maintain quotas.

Added to this energy crisis was a change in the burgeoning economy of the late 1960s and early 1970s. Home service was considered a "frill" by the management who underestimated the value of their home economists.

The public's attitude, too, was changing towards homemaking programs. The women's movement was modifying attitudes to homemaking skills which contributed to management's misunderstanding of home service work. By the mid-1970s home service was no longer a viable force in many natural gas utilities in Canada.

Government-owned electric utilities did not reflect the state of the economy as quickly. Home service departments of these utilities had, over the years, taken on a role of extension, education, and public relations as well as sales. These departments were more able to change their function, but the general outcome was home service departments had to change or become extinct.

By the mid-1970s the public had shifted to a conservation mode. The utilities followed suit with the formation of energy conservation and wise utilization departments. Home economists quickly became knowledgeable in home insulation, retrofit, heat loss calculations, and cost effective programs, proving that, presented with a challenge, home economists can adapt their skills to meet the needs.

1980s

Some home economists, who once were part of home services, have moved to other areas within the utility, such as public affairs, customer and community relations, and business. Their communication and human relations skills and creativity have made them highly valued personnel. Some remain in home service or related fields, such as consumer information or marketing but the numbers decrease each year either by transfers or attrition. (e.g., SaskPower had three home economists on staff until mid-1983, one until 1985, and at present has no home economist doing home services work.)

The Future

Natural gas utilities are beginning once again to recognize the value of home service personnel who can "make a company more competitive" and "increase the market share" for their product. They can convey a company's credibility to its customers "as they are alert to the shifting values of the population" (AGA Monthly, 1986). Women make up one-half of a utility's customers. The influence of the home economist can be substantial.

Definitely utilities need to maintain good public relations programs. Home economists with marketing training have the attributes that will promote a better image of the utility.

An interest in cooking and other household tasks is returning as a new generation of Canadians have homes to maintain and families to feed. There is a vast variety of electric and gas appliances and equipment available today, yet where can young people go to learn how to evaluate and select the best, how to use them properly, and how to maintain equipment to avoid costly service work? Rising energy costs increase the need for information on wise use.

At present, and probably in the future, the public will not look to utilities to provide the answers they need. It is doubtful that home economists in a home service role will be hired by Canadian utilities in the near future. Natural gas and electric companies pay lip service to customer service. It no longer has the importance it once had. With present day fiscal restraints most utilities feel that customer service is an area that can be cut.

If there is to a role for the home economist in the utility it will be to provide education in the schools rather than a marketing role. Starting in the elementary grades the information will serve as an adjunct to existing curriculum in the science rather than the home economics department. It will not be necessary for these educators to have a home economics background but many home economists have the skills and the education that will fulfill the needs of both the utility and the school.

For the home economist who wants a place in the utility work force, along with her knowledge of the family, she must definitely possess good writing ability and excellent marketing skills, and have assertiveness and management training. ☐

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Research Section

The Whole Economy: Resource Allocation of Alberta Farm Women and Men

Norah C. Keating, Maryanne Doherty, and Brenda Munro

Abstract

The purpose of this study was to provide data on involvement in the whole economy by Alberta grain farm women and men. Involvement by gender for presence of a work activity and time spent in the activity were measured for the formal economy (farm and off-farm work) and the informal economy (volunteer, neighborly co-operation, and household). A stratified random sample of owner-operators of grain farms was drawn with 326 women and 392 men responding to a mailed questionnaire. Findings showed gender differences in presence of farm, neighborly helping, and household activities as well as in time involvement for farm and household activities. Findings are discussed in relation to implications for farm business and farm families in the allocation of their human resources.

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Résumé

Cette étude a pour objet de fournir des données sur la participation des hommes et des femmes des fermes céréalières à l'économie générale de l'Alberta. On a mesuré la participation par sexe, par heures de travail, par genre de travaux (sur ferme et hors-ferme : économie au sens strict; travail bénévole, aide entre voisins, travaux de ménage : économie au sens large). On a procédé à un échantillonnage des propriétaires — exploitants de fermes céréalières choisis au hasard : 326 femmes et 392 hommes répondirent à un questionnaire qu'on leur avait posté. On a constaté des différences entre hommes et femmes en matière de présence à la ferme, d'aide entre voisins, de travaux de ménage, ainsi qu'en matière de temps consacré aux travaux de la ferme et à ceux du ménage. Les constations sont analysées en fonction des implications concernant la distribution des ressources humaines pour les exploitations agricoles et pour les familles.

In the early 1980s, the *Canadian Home Economics Journal* published an article which had as its thesis a plea for a more comprehensive, more humane economic model (Badir, 1981). The model of the whole economy included the formal economy (corporate and public sectors, and the self-employed) and the informal economy (voluntary groups, neighborly co-operation, and the household). The major argument in the article was that involvement by family members in both economies is important since each serves the members of the household. Hence it is legitimate to participate in one or both economies or to move from one to the other as opportunities and household needs arise.

Members of farm families often are involved in all aspects of the whole economy. Many are employed in off-farm jobs in addition to working in the farm business and household. Also, there is a tradition in farm communities of providing help to neighbors in times of need and of volunteering in community, church, and farm-related organizations. Yet the documentation of involvement in all these sectors of the economy has been limited. Farms are usually seen as part of the formal economy, with most research done on farm work and off-farm employment. This precludes a comprehensive examination of how farm families allocate their labor resources (Douthitt, 1984). Work in the formal economy is also of higher status and is more easily measured than work in the informal economy (Badir, 1981). This narrow definition of economic involvement has resulted in little research on unpaid involvement in the household or community.

Assumptions about gender-based differences in involvement in the economy also account for gaps in information about farmers' economic activities. Farm men are assumed to be most involved in the formal economy through their farm work; whereas women are assumed to be most involved in the informal economy through their household work. It is difficult to examine assumptions about the "traditional homestead with tightly maintained sex-typed roles" (Fassinger & Schwarzweller, 1982, p. 4) unless women and men are asked directly about their involvement in all facets of work.

The purpose of the research reported in this article was to examine involvement in the whole economy by a group of farm women and men. Specifically, our goal was to document gender differences in presence of each work activity and of time spent in the

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activity for five sectors of the economy. The sectors as presented by Ross (1980) are viewed on a continuum from formal to informal economies (Table 1). We have considered each economic sector as constituting a role, a set of social norms distinguishable from other sets of norms (Burr, Leigh, Day, & Constantine, 1979). Role behavior is the focus of this study. Thus, a role would be considered present if a respondent reported any time spent in that role in the previous year. Work activity and work involvement were used interchangeably to describe reported time spent in each of the roles. Measurement is described in the methods section.

Table 1. The Whole Economy

Formal Economy	<----------------------------->			**Informal Economy**
Employment in Corporate or Public Sector	Self-employment (farm)	Voluntary Groups	Neighborly Co-operation	Household

Note: Adapted from: "Towards a Non-Sexist, Human Economy" by D. Ross, 1980, *Transition, 10*(4), p. 12. Not copyrighted.

Literature Review

The formal economy: Farm work. In a review of studies from the 1920s to the 1950s of the work of farm men Vanek (1980) found that farmers worked an average of approximately 11 hours, 6 days a week. Virtually all of that time was spent on farm work with similar time commitments across type of farm operation and region. More recent research on men's farm work has focussed on a comparison of the relative amount of time spent in farm work to time spent in off-farm employment (Heffernan, Green, Lasley, & Nolan, 1981; Wimberley, 1983). Since few studies of part-time farming report actual hours spent in farm work, it is difficult to know if men continue to work long hours on the farm when they have another work role in addition to farming. More precise information on men's farm work hours would be useful in determining the relative returns from investment in the formal economy.

There is growing evidence that women as well as men have been and continue to be directly and actively involved in farm work. Reviews of time use studies from the 1920s to 1940s (Scholl, 1982; Vanek, 1980) show that up to 20% of women's 11-hour workday was spent in farm tasks. Research in the past decade suggests that contemporary farm women also have a substantial involvement in the farm work role. A study of dairy farmers in Wisconsin (Fassinger & Schwarzweller, 1982) found that 44% of the wives reported working the equivalent of half-time in farm work. Similar studies in both the United States and Canada (Ireland, 1983; Jones & Rosenfeld, 1981; "Women's Role," 1982) show that the majority of farm women do farm work. Most report on the presence of a farm work role for women but do not present actual hours of involvement.

Despite difficulties with the comparability of research, it is apparent that substantial proportions of farm women and men are active in the farm operation ("Women's Role," 1982). However, the lack of specific information about time involvement and the lack of comparable information on the amount of farm work done by men and women within the same farm population have resulted in data that are much too general to be of practical value.

The formal economy: Employment. Off-farm employment of farm men and women has become of particular interest at a time when more and more farmers are finding it difficult to support themselves through the farm operation alone. Several researchers have suggested that people turn to employment as an alternative to reducing farm holdings (Bokemeier, Sachs, & Keith, 1983; Koski, 1982). Estimates are that in some parts of North America, over half of farm income comes from off-farm sources, primarily employment (Wimberley, 1983).

Substantial proportions of farm men and women have been employed off the farm. Current estimates are that 30-50% of farm women (Bescher-Donnelly & Smith, 1981; Ireland, 1983; Jones & Rosenfeld, 1981; Scholl, 1983; "Women's Role," 1982) and as many as 80% of farm men (Maret & Copp, 1982) are employed.

There are insufficient comparative data to know whether men are more likely than women to be employed off-farm. Men get more return than women for their off-farm work since they are paid more despite having, on average, less education (Bescher-Donnelly & Smith, 1981; Koski, 1982). However, women's on-farm labor may be seen as more expendable than men's. Some researchers have argued that many women choose off-farm employment because it brings compensations such as health, life, and unemployment benefits (Scholl, 1983) as well as more status than work in the informal economy.

The hours spent in off-farm employment have not been well documented. In a study of American farm women, Jones and Rosenfeld, (1981) found that of those who were employed, 51% worked 40 or more hours per week. Other studies have tended to gather information about whether employment is full- or part-time and whether it is seasonal, but few have reported actual work hours.

The informal economy: Volunteer. Regular involvement in volunteer community activity is another source of time commitment of farm women and men. Jones and Rosenfeld (1981) found that 61% of women and 57% of men belonged to community organizations. In her study of Canadian farm women, Koski (1982) reported that women belonged to an average of four organizations although she did not report the proportion of women who had a volunteer role. These women were most involved in service or recreation groups followed by agricultural, political, religious, and professional organizations and finally women's groups. We have no such information for farm men.

The commitment of time and energy to community activity may reduce resources available for other kinds of work. Poole (1981) has argued that the larger the farm operation, the less involved are its members in the community. There is little evidence about whether those with high community work loads have lower levels of participation in other work roles. Community service may be seen as an important time commitment regardless of the requirements of the farm operation.

The informal economy: Neighborly co-operation. People in farm communities know that neighbors often co-operate with one another, particularly in times of crisis or when a large project needs to be completed. Since there has been little documentation of such activity, we do not know the amount of time invested in relation to other activities done by farmers. This exemplifies one time investment that may have little direct economic benefit to the worker but may have a great deal of social benefit. One of the advantages of living in a rural community is being able to count on your neighbors in times of crisis.

The informal economy: Household. Running a farm household can constitute a major work role. In addition to child care, household maintenance, meal preparation and scheduling; farm households often engage in food production and processing as well as feeding and caring for workers in the farm operation. Household work is assumed to be a woman's role. Researchers have amassed a body of evidence supporting a view that women not only have household work roles but that they do most of the household work. For example, Jones and Rosenfeld (1981) found that 97% of the women in their sample did household tasks as a regular duty. Koski (1982), in a national study of farm women in Canada, found that women report doing 85% of the household tasks. Research in this area suffers from lack of direct data from men. We have limited knowledge about men's perceptions of their involvement in farm household work.

Methodology

Population. The population for this study was owner-operators of Alberta grain farms. Grain farmers represent the largest commodity group in Alberta. Those who reported at least 51% of gross income from grain and oilseed crop sales and had a farm larger than 20 acres were eligible for inclusion in the study. Other types of farm operations such as dairy were excluded since their patterns of work were expected to differ substantially.

A sample of 3000 owner-operators was drawn by Statistics Canada from census data on farmers. The sample was stratified by region of the province to ensure representative sampling from each region of the eight crop districts.

Research instruments. Data presented in this article are from a larger study on work and stress in farm families (Doherty & Keating, 1986). The method of study was survey research. Three survey instruments were sent to each farm unit. The first instrument included data on the farm operation: size, ownership, debt, and number of workers. The second and third instruments were identical: one for the husband; the other for the wife. These instruments were developed to gather data on aspects of five roles in the formal and informal economies: satisfaction with each work role, barriers to work, stress, and satisfaction with various relationships. Only the information on types of work and time spent in each work role is presented here.

For each of the five roles, respondents were asked to indicate whether they were involved and, if involved, the number of monthly hours. In each case the question was: "Please estimate the total number of hours per month in 1984". Employment was paid, off-farm work. Volunteer work included involvement in community, church, political, or farm-related organizations. Neighborly co-operation was unpaid work for neighbors. In the case of farm and household, work was divided into several categories. Farm work included field, secretarial/bookkeeper, management, building and property maintenance, equipment maintenance, chores, and other farm-related work. Household work included taking care of people, home management, home maintenance, and production of goods for home consumption.

Gathering accurate time use data is problematic. Retrospective estimates of time spent in work activities suffer from potential problems of inaccuracy of recall and the over-reporting of desirable activities such as work. (Robinson, 1977). Data from this study must be considered as general estimates of work time with the assumption of over-reporting in some or all work activities.

Research instruments used in this study were adapted from major Canadian and American studies of farm families reviewed earlier in this paper. All instruments were field tested several times and were checked for face validity by panels of experts in agriculture, home economics, and rural sociology.

Data collection. The process occurred in three steps. First, the sample was drawn by Statistics Canada and address labels were printed. Second, the instruments were mailed by Statistics Canada to the sample members. Enclosed was a stamped, self-addressed, return envelope. Finally, a follow-up reminder card was sent 2 weeks later. To ensure confidentiality, the researchers did not have access to the names of sample members. All materials were mailed by Statistics Canada and all completed instruments were returned with no identification of the respondent.

The return rate of questionnaires was 18%. Since we did not have access to non-respondents, we can only speculate as to possible biases in the sample. For example, the length and complexity of the questionnaire may mean that respondents were better educated than average. In addition, the relatively large proportion of respondents who were joint owners suggests that this survey may have been of more interest to those couples who both have a legal stake in the farm operation. The response rate precludes generalizations about the population being made from these data.

Sample description. The sample was composed of 414 farm units, representing 326 women and 392 men. Respondents ranged in age from 20 to 80 with a mean age for women of 43 years and a mean age for men of 46 years. Ninety-six percent of the women and 86% of the men were married. The largest group (2%) of unmarried women was widowed; the largest group of unmarried men (10%) was single. Farmers had an average of 2 children with a range from 0 to 12. Sixty-seven percent of the women and 89% of the men had grown up on a farm.

The average farm size was 706 acres. Almost equal numbers of farms were owned jointly by the husband and wife as were owned individually by the husband (34.2% and 35.3% respectively). Only 2.2% of the farms were owned solely by women. Of those who had off-farm jobs, women earned a yearly average of $9,191.56 and men an average of $18,467.32.

Data analysis. The Student *t*-test was used to address two research questions:

- Are there different proportions of women and men involved in sectors of the formal and informal economy?

- Do women and men differ in number of hours spent in each sector of the economy?

A *t*-test was considered appropriate for this analysis because we were interested in comparing sample means. As well, the large sample size allows for an assumption that the sampling distribution of *t* approaches normality. In the first research question, the percentage or proportion is the same as the mean since a dummy variable was used to indicate involvement or not. For both research questions, a significant result indicates that the observed differences between samples are not due to sampling error (Williams, 1979).

Results

Table 2 provides data on percentage of men and women who had each of the five work roles. Within the formal economy there was only one significant difference: more men than women had a farm role. Within the informal economy, more men were involved in neighborly co-operation and more women were involved in household work.

Table 2. Involvement by Gender in Each Economic Sector

Economic Sector	% involved	*t*
Off-Farm Employment		
Women	49.8	1.18
Men	55.6	
Farm		
Women	95.0	4.22 *
Men	100.0	
Volunteer		
Women	75.4	0.40
Men	72.0	
Neighborly Co-operation		
Women	52.4	2.89 *
Men	62.9	
Household		
Women	99.1	6.30 *
Men	86.7	

* $p < .01$

Table 3 provides data on daily hours spent in each work role. Men worked significantly more farm hours than women while women worked significantly more household hours.

Table 3. Differences in Women's and Men's Daily Work Hours in Each Economic Sector

	Daily Work Hours	
Economic Sector	*M*	*t*
Off-Farm		
Women	2.4	.06
Men	2.7	
Farm		
Women	1.7	24.01 *
Men	7.1	
Volunteer		
Women	0.4	1.73
Men	0.3	
Neighborly Co-operation		
Women	0.4	0.89
Men	0.3	
Household		
Women	9.4	17.56 *
Men	1.0	
Total		
Women	11.8	5.74 *
Men	8.9	

Note. Daily hours were calculated by dividing yearly hours by 365. Thus, daily hours are based on a 7-day work week.
* $p < .001$

Discussion and Implications

These results indicate that work in the farm household is organized in a traditional manner with men most involved in the formal economy through their farm work and women in the informal economy through household work. Two questions will be addressed in this discussion: Who benefits from this arrangement? Is the model of a continuum from formal to informal economy useful in understanding the work lives of these farm women and men?

Badir (1981) argues that people have shifted from living in a totally informal economy to an almost completely formal economy. Yet in the case of these farm women and men, this claim appears to be substantiated only for men. Farm men spend the majority of their work hours in the formal economy with a daily average of 7.1 farm work hours, significantly greater than the average of 1.7 hours reported by women. The second largest number of men's hours are spent in off-farm employment with similar numbers of hours to those of women (2.7 vs. 2.4). Although more men than women report informal work of neighborly co-operation, average hours of work are low for both groups and men's are not significantly different from women's. As well, most co-operative exchanges are extensions of men's farm role with the major exchange that of farm labor.

In contrast, farm women work an average of 9.4 daily hours in the household, significantly greater than the 1.0 hours spent by men. Next to household work, women spend most time in off-farm employment and farm work. Most of their work time is spent in the informal economy.

Who benefits? Farm men gain their identity and their livelihood through their work in the formal economy. However, it is their farm work and not their off-farm work which provides that identity. The work of Coughenour and Swanson (1983) shows that in the most economically successful farms, neither men nor women have off-farm jobs. The implication of their research is that farm people work off the farm only if forced to by economic necessity. Data from our study support this contention. The majority of men (60%) said they would give up their off-farm jobs if they did not need the money. Perhaps farm work provides the best of the formal economy which is often seen as a sector where people are "more dependent, more helpless, more alienated, more remote and less able to participate" (Badir, 1981, p. 68). Men have a public identity as a farmer. In the farm setting, they have some freedom and control, some insulation from public opinion, and can call on family members as loyal, unpaid workers (Rosenblatt, de Mik, Anderson, & Johnson, 1985). They do not want to have an employee identity since it takes them away from the farm, and says to the world that they are unsuccessful.

Especially in family businesses such as farming, women's work in the household economy is both productive in its own right and supportive to the farm man and the farm business. However, Finch (1983) argues that the concept of the productive and domestic spheres as separate, makes women's work invisible. Thus, women are seen as having no direct connection to production since they help their husbands but are not farmers. Wives benefit less from their labor than do husbands who as farmers are often seen as their wives' employers. If the informal economy makes productive work invisible, is it really a good place to conduct one's work life?

The lack of recognition of their household and farm productive labor may account for women's attitudes towards their off-farm employment. In contrast to men, the majority (75%) of employed women said that they would keep their off-farm jobs regardless of economic necessity. Off-farm work brings monetary rewards. It may also provide women with a public identity separate from that of their husbands and with some distance from the tensions of a family business (Rosenblatt et al., 1985).

Our discussion of the assets and liabilities to farm women and men of their work in the formal and informal economies is speculative and warrants further exploration. However, it does suggest that a model of work which eliminates the productive/domestic and the paid/unpaid distinction would allow a fresh look at work in all sectors. In particular, the meaning of work in the most formal sector of the economy requires further assessment as off-farm employment appears to serve different functions for women and men. Our findings also suggest that rather than encourage the movement of farm women and men to more informal economic activity, we might consider which sets of work roles function best for each. There is as much danger in rejecting the formal economy as cold, impersonal, and unhealthy as there is in making the informal economy and its workers invisible.

Implications for programs. Assisting farm families in the allocation of their time is a function of home economists in rural areas. When working with farm families, professionals might be sensitive to the following:

- Women report significantly more work hours than men yet much of their work may be invisible either because it is done in the household or done as supportive to the husband's productive activity. This may not be merely a public perception. As one man in our study said: "No, she doesn't do farm work. She just picks rocks, runs errands and does the books". Women and their families might be encouraged to acknowledge the amount of productive work done by farm women.

- Off-farm work may be viewed differently by women and men. Although women in our study earned less per hour than men, more women than men would choose to keep their jobs even if there were no economic necessity. Farm women and men might identify social and economic costs and benefits of off-farm employment for one or both.

- Farming has been called a greedy occupation (Kanter, 1977). It is greedy in that it requires not only the work of the farm man but incorporates the work of his wife (Finch, 1983). It is also greedy in that it can be the focus of all of the energies of the partners in the operation. Farm men and women need to learn how to gain some time that is separate from the business to reduce the inevitable spousal tensions that arise in family businesses (Rosenblatt et al., 1985).

Findings from this study provide baseline data on work of a particular group of farm women and men. Women's activities are more heavily focussed in the informal economy, particularly in household work. Men spend more time in the formal economy, in their farm work. Differences in other activities are less clear and warrant further exploration, particularly to determine patterns of work allocation within farm households. ☐

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On the Job

Profile of a Home Economist as an International Development Officer

Sharon Channer

CHEA/IDC
TWINNING PROJECTS

Meeting with the Home Economics Association of Africa.

Twelve years after my first Third World posting with Canadian University Students Overseas (CUSO), I returned to Canada in the fall of 1981 to find my career aspirations in turmoil. Having worked so many years in the development field, I was reluctant to let go of something for which I felt a real commitment.

On hearing of CHEA's development program, I became a voluntary member of the International Development Committee (IDC) based in Ottawa. I was impressed with the scope of the program and at the same time recognized the dilemma that national IDC members were facing — to respond to the demands of an expanding program required more than a volunteer commitment and was resulting in the inevitable burnout. Over the next year, a feasibility study was conducted to determine the need, as identified by CHEA members, to create a full-time development position as part of CHEA's National Office. Positive results of the study led to the submission of a proposal to the Canadian International Development Agency (CIDA) to fund the salary and all administrative office costs for the development position, resulting in a 2-year pilot project. I began working as CHEA's International Development Officer in 1983 and at the end of the pilot project, CHEA received multi-year funding, not only for my position but also for all of CHEA's development projects. After nearly 4 years in this position, I continue to find excitement, challenge, and a deep satisfaction in liaising with home economics associations in Canada and developing countries.

Working closely with the national IDC, I am responsible for promoting the establishment and growth of affiliated International Development Committees (IDC's) and for facilitating the twinning process and development education activities implemented by the affiliates. Having received a travel budget from CIDA, I have the opportunity to meet with the affiliates to stimulate interest in CHEA's development program and to plan together with them, activities for the future. Simultaneously, my position provides opportunity to establish and maintain contact with home economics associations in Third World countries, informing and encouraging them to participate in the twinning process. And of course a third partner in the arrangement is the donor agency, CIDA, with whom I liaise and to whom I submit narrative and financial reports to meet their funding requirements.

Provision of information to CHEA members, both of CHEA's development activities and also of development 'issues' is a specific part of my job description and is accomplished primarily through CHEA's quarterly development newsletter *ID Connections*. I also have a mandate for soliciting a development article for each issue of the *CHE Journal*.

In 1984, I was given the opportunity to organize a twinning workshop as part of the XVth International Federation of Home Economics Congress held in Oslo, Norway. The workshop attracted participants from all over the world and has resulted in several new twinnings. A second overseas activity arose in February of 1986 when I travelled to Kenya, Tanzania, Malawi, and Zambia together with Charlotte Anokwa, Secretary for the Home Economics Association for Africa (HEAA). We visited home economists involved in the various facets of the profession, and found interest and enthusiasm for the twinning initiative, not to be part of a charity arrangement with the developing country twin receiving handouts, but rather to be an equal partner in development, with opportunity to activate their own initiative and expertise. Visible results of the Africa trip include a twinning between Regina and Zambia, a proposal for a preschool project initiated by the Tanzania Home Economics Association, and implementation of a long-term planning mission involving CHEA and HEAA.

There is yet another aspect of my work that involves initiating and maintaining contact with other development organizations, both to establish a network for ID program endeavors and also to keep informed of development trends and issues. This is done largely through membership in the Canadian Council for International Cooperation (CCIC), an umbrella organization for more than 100 Canadian based non-governmental organizations (NGO's). My involvement in CCIC has provided opportunity to share aspects of CHEA's development program, to learn of other NGO activities, and to explore possibilities of co-sponsorship of projects (eg. the international cookbook sponsored jointly with the Canadian Hunger Foundation). CHEA's affiliates are encouraged to work closely with other development organizations in their own areas.

The home economics profession has much to contribute and to benefit through its involvement in international development. I have witnessed a growth, not only of development projects implemented by CHEA affiliates, but also of development understanding and commitment. The fact remains however that the percentage of CHEA members actively involved in development activities is relatively low. A challenge lies ahead. ☐

Sharon Channer (BHSc, MSc, University of Guelph) is International Development Officer for the Canadian Home Economics Association.

Book Reviews

Functions of Dress — Tool of Culture and the Individual by Penny Storm. (1987). Englewood Cliffs: Prentice-Hall, 358 pages; price unknown.

Functions of Dress addresses the importance of clothing to individuals and groups from anthropological, sociological, and psychological perspectives. The author discusses traditional theories of clothing motivation and communicative aspects of clothing, including role, status, and social class. The influences of religion, economics, government, and fashion on individual and group clothing choices are also described.

Numerous black and white photographs are interspersed throughout the chapters. These photographs include many cross-cultural examples. Additionally, the inclusion of many historical examples gives an added dimension to the text. Unfortunately, the number of contemporary North American illustrations is limited; these illustrations would help to ensure the relevance of text information for Canadian students.

This book is written in an easy-to-read style and would be a suitable text for senior high school students or for an introductory course at the university level. The reader is provided with an extensive bibliography to permit further exploration of selected topics.

Reviewed by:
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The Canadian Parents Sourcebook by Ellen Roseman and Colleen Darragh. (1986). Toronto: Doubleday, 247 pages; paperback $12.95.

As a result of the recent mini baby boom in Canada, the marketplace has been bombarded with a vast and often confusing selection of baby paraphernalia. *The Canadian Parents Sourcebook* attempts to assist the consumer in making the best product choice by offering concise product information on everything from stocking the nursery to choosing a suitable daycare centre. There is current medical information on immunization and contaminants in breastmilk, as well as informative statistics on controversial products such as baby walkers and playpens.

Product comparisons are found throughout and have been described clearly to provide the consumer with a visual image of unfamiliar baby products. Brand names and brand recommendations are provided to assist the consumer in product identification and choice.

Other chapters provide practical suggestions on what is too extravagant when purchasing baby gear, feeding methods, babyproofing your home, travelling with baby, the value of playtime, and toy recommendations. Each chapter contains helpful checklists and parenting tips, and there is an interesting list of mail order catalogues.

This book is easy reading and could be used extensively by expectant and new parents. Grandparents and friends will find the product information and gift suggestions invaluable.

Reviewed by:
Angela N. Petropolis
BHEc in Education
Nova Scotia

Household Equipment in Residential Design by Mary S. Pickett, Mildred G. Arnold, and Linda E. Ketterer. (1985). New York: John Wiley, 576 pages; price unknown.

This book is a good resource for the consumer, manufacturer, and retailer. Not only does it consider the features that are essential when purchasing equipment but it also looks at economic considerations relating to consumer expenditures and demographics. General consumer considerations, such as door-to-door sales people and the importance of comparison shopping, are included.

The style of writing is easy to read, however, the technical content can at times be above the average consumer reading level. For example, the transfer of heat information may not necessarily be of interest to the average consumer.

Tables, charts, and illustrations are used throughout the text. References to American manufacturers and law may be somewhat misleading to the Canadian reader. The appendices on manufacturers and associations, although American, are an excellent idea for any book.

The information conveyed is current and the section on buying appliances for the elderly and the handicapped is timely. However, the title may be somewhat misleading because the book has sections (e.g., kitchen planning, indoor climate control, lighting design) that may be of interest to some but not necessarily related to the purchase of household equipment in residential design.

Reviewed by:
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Changes: Disability and the Challenge of Renovation by The Barrier Free Design Centre of the Muscular Dystrophy Association of Canada in cooperation with Canadian Housing Design Council and Consumer and Corporate Affairs Canada. (1985). Ottawa: Consumer and Corporate Affairs Canada, 53 pages; paperback.

Gina and Ray Osborne of Brampton, Ontario, have 15 adopted children and one natural child. Many of the adopted children are handicapped. *Changes* documents the process of renovating their home to make it more accessible and safe for their children. This book outlines their participation, frustrations, and satisfaction with this large project. The construction process is included.

Changes has many pictures of renovated areas. Several pictures include a disabled child using a piece of equipment or playing in an area. The pictures are visual proof that this type of renovation need not result in an institutional look.

This personal project of the Osborne family was a demonstration project to show the use of information from the book, *Making Your Home Accessible: A Disabled Consumer's Guide*. There is a lot of technical information in the book *Changes* and it is immersed in the Osborne family's personal experiences.

Each area of the house is discussed separately in chapters. The last three chapters are resource lists: costs and funding sources; co-operating teams and sources of inventory; and other resources and contacts.

This book is not a "how to" book. The technical information is valuable for those contemplating changes to suit a handicapped person. How the Osborne family copes with so many different challenges makes nice reading.

Reviewed by:
Kay Dean, BSc (HEc)
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Rodale's Home Design Series: Kitchens by the editors of Rodale's New Shelter Magazine. (1986). Emmaus, PA: Rodale Press, 154 pages; paperback $12.95; hardcover $19.95.

Good-bye sticky smudges on kitchen taps. Now you can buy faucets that automatically turn on when you place your hands underneath the spout. These infra-red activated taps are only one of the improvements crammed into Rodale's guide for homeowners who are planning a new or remodeled kitchen. Design ideas range from flooring, wall coverings, cabinets, and appliances to lighting and ceiling treatments.

Although most of the dream kitchens pictured are beyond the average budget, the information throughout the book is practical regardless of the amount of money you have to spend on your project. You will find clear, comprehensive charts comparing floor, wall, and counter coverings. In addition, the authors provide a detailed budget sheet. Other useful information includes a sample kitchen remodeling contract and remodeling time line with suggestions on how to avoid delays.

American products are emphasized, but the authors do include European ideas. Unfortunately, only American addresses are given for product information. If you are in the market for a detailed, up-to-date guide to kitchen planning, consider this one.

Reviewed by:
Nancy Perozzo, BHEc
Consultant
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Foodworks: An Ontario Science Centre Book. Carol Gold (Ed.). (1986). Toronto: Kids Can Press, 93 pages; cloth $19.95, paperback $9.95.

"A hands-on book about everybody's favorite subject, food — full of information, activities and fascinating facts: what food is, what it does, how it does it and more. Find out about fish farming, space catering and even how to eat worms. The less adventurous can settle for making cheese, or growing tomatoes in their onw hydroponic garden." This is the publisher's description of *Foodworks.*

Foodworks is a delightful book. There are 38 illustrated topics about food and each has a "try this" activity outlined. Although the focus of the book is about food, it does provide an 'opening' for discussions of the nutritional aspects of food.

This book would be an excellent addition to a school library and/or an individual's personal collection. Although the book is written with the 8 to 12-year old in mind, the reading level may be high for some and several of the suggested activities are too complex for children to do on their own. However, it is an excellent resource for children and adults to use together.

Reviewed by:
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Synthetic Dyes for Natural Fibres by Linda Knutson. (1986). Loveland, CO: Interweave Press, 160 pages; softcover, $12.00.

According to Knutson, one of the primary aims of this book is to introduce fibre people to the scientific techniques and equipment employed in dyeing natural fibres with synthetic dyes. Color theory and color-mixing systems are presented with application to the dyer and suggestions for developing a systematic inventory of color formulas are offered. Knutson discusses the physical and chemical nature of two major classes of dyes commonly used for natural fibres: levelling acid dyes and fibre-reactive dyes. Included is explanation of the chemistry of the dye-fibre reactions, the role of the dyebath assistants, and the end-use properties of the dyes. While other dye classes are mentioned, specific dyeing instructions are provided only for the acid and reactive dyes.

Knutson has compiled a limited list of supplies for dyes, chemicals, and equipment which unfortunately does not include Canadian sources but is useful nonetheless. The diagrams and photographs included serve to clarify the text, and a series of colored plates clearly demonstrates the success of a systematic approach to dyeing.

This book is an easy to read, practical handbook for dyers. It provides detailed how-to information on scientific dyeing techniques and the importance of safety is stressed throughout. While intended for the fibre craft person, this book may also prove to be a valuable resource to university students of textile science and dye chemistry.

Reviewed by:
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Abstracts of Current Literature

Family/Consumer Studies

The demand for residential space and water heating fuel by energy conserving households.

Douthitt, R.A. (1986)
The Journal of Consumer Affairs, 20 (2), 231-248.

The author of this Canadian study developed a model of the residential energy demand for natural gas used specifically for space and water heating. Data were collected from interviews with 106 residents of an urban Canadian centre who had received a government grant to improve the energy conservation of their homes and 101 residents of the same centre who had had an energy audit done on their homes. In order to determine energy demand; economic, thermal efficiency, internal design, temperature, family characteristics, and furnace efficiency variables were used. The Two Stage Least Square Coefficient was used as an analysis tool. Results revealed that, for this sample of households, energy conservers show an elastic demand to changes in the price of fuel. House size and house design were used as control variables. Stage in family life cycle and thermostat setting are determinants of household energy consumption. These results could be utilized in programs designed to educate consumers.

Being a stepparent: Live-in and visiting stepchildren.

Ambert, A.M. (1986)
Journal of Marriage and the Family, 48 (4), 795-804.

The purpose of this research was to present certain issues involved in step-parenting by combining qualitative and quantitative data. Data were collected as part of a longitudinal study. This third collection, with a sample size of 109 step-parents, took place in 1984. Data were collected through interviews and by questionnaires. The perceived relationship of the step-parents was measured by the residence of the stepchildren and by the gender of the step-parent. The one-way ANOVAs and the chi-square showed that stepmothers with live-in stepchildren reported more satisfaction with their spouses and more marital happiness than those whose stepchildren resided elsewhere. The step-parents' relationship with the stepchildren was measured by stepchildren's residence and stepparents' gender, also. Results showed that both stepmothers and stepfathers had a better relationship with the stepchildren when the stepchildren lived with the step-parent. Qualitative data added much to the description of the step-parenting dilemma. Qualitative data were used to describe the relationships between the stepchildren and own children from a previous marriage, and stepchildren and new children. When the parent's own children and the stepchildren lived together, the relationship was more satisfactory than the visiting stepchildren situation. The stepchildren and the new children relationship was not as harmonious. Both quantitive and qualitative data support previous research that the stepmother role is more difficult than the stepfather role.

Some characteristics of precocious readers.

Schnur, J.O., & Lowrey, M.A. (1986)
Early Child Development and Care, 26, 191-198.

This study was designed to observe the developmental, behavioral, and environmental characteristics of precocious readers to determine if there are any common characteristics. The final sample of 24 precocious readers was obtained from answers to newspaper and radio advertisements in the South Western United States. Data were collected via the Schnur, Lowrey, Brazell Parental Questionnaire (SLBPQ). The sample of precocious readers ranged in age from 3 years 5 months to 6 years. A major common characteristic was that the precocious reader was usually an only child or was the oldest child. Precocious readers were found to experience the onset of the following developmental events earlier than typical children: start talking, use sentences, take first step unassisted, sit without support, have the first tooth, tie their shoes unassisted, ride a tricycle, and ride a bicycle. There were commonalities in the home environment, also. The child lived with both parents with one third of the mothers being housewives. The child had not experienced a major move since birth and had few home responsibilities. The child preferred indoor activities and was exposed to a variety of reading materials. The family was one that did many things together. The parents' main goals for their child were to see the child as a happy adult and to have a college degree. Parents were concerned about the type of instruction that the child would receive in school.

The economics of marital status: A Canadian analysis.

Douthitt, R.A., & Molder, P.J. (1986)
Journal of Consumer Studies and Home Economics, 10, 291-301.

Using an economic model of trade, the researchers of this project attempt to explain female marriage rates in Canada. Based on the effects of economic variables, the purpose of this research was to derive long-run estimates of the proportion of married women and to compare their Canadian results to a 1960 U.S. study that reported short-run effects of economic variables on the proportion of women who marry. Data were taken from provincial census for the years 1971, 1976, and 1981. Regression analysis was used in comparing the proportion of Canadian married women in 1971, 1976, and 1981 with the proportion of married U.S. women in 48 states in 1960. The present study's findings were consistent with those of the earlier study. One implication of these two studies is that an increase in the market opportunity for women will result in a decrease in the proportion of women who will marry. In general, the economic variables that have an effect on the proportion of women who marry are the labor force participation rate of females, income of married males, and employment rates of males. The present study showed that the long-run effect of not having children on the proportion of women who marry was significant and negative. The previous study showed no significant relationship. The study revealed a lower proportion of married women in the rural sector.

Social support and well-being: A comparison of older widows and widowers.

Wister, A.V., & Strain, L. (1986)
Canadian Journal on Aging, 5 (3), 205-219.

This paper reports a comparison of widows and widowers to ascertain gender differences according to frequency of contact, size of support networks, and presence of confidants. The data used is part of a larger 1980 study and focusses on 354 participants who either used home care or managed without home care. Of the user sample, 42 were widowers and 177 were widows. Twenty-four widowers and 111 widows comprised the non-user sample. Of the home-care-user sample, both widows and widowers were likely to be over 75 years of age (80%) with over half born outside of Canada (60%). Of the non-users, 70% were over 75 years of age and approximately one half were not Canadian by birth. Significant differences were found in the length of widowhood across gender for users and non-users. Social support indicators studied were size of network, frequency of interaction, and number of confidants. The results showed more similarities than differences. Among users, widowers reported more neighbors than widows. Among the non-users, widows interact more with relatives and neighbors, and have more friends and confidants. Results supported the previous research that stated friendship was more important for widows. There were no gender differences among the users and the non-users in regard to well-being. This also supports findings from previous research. The authors note the difficulty of locating a larger sample of widowers and recommend more research to discover and act upon the needs of this population.

Supplementary listing of articles

Employing the God-family relationship in therapy with religious families. Griffith, J.L. (1986). *Family Process, 25* (4), 609-618.

Family therapy with delinquents: A critical review of the literature. Tolan, P.H., Cromwell, R.E., & Brasswell, M. (1986). *Family Process,* 25(4), 619-649.

Ego-dystonic homosexuality. Leif, H.I., & Kaplan, H.S. (1986). *Journal of Sex & Marital Therapy, 12* (4), 259-266.

Sexual dysfunction and disorder patterns of husbands of working and nonworking women. Avery-Clark, C. (1986). *Journal of Sex & Marital Therapy, 12* (4), 282-296.

Attending to the context of family treatment: Pitfalls and prospects. Doherty, W.J., & Burge, S.K. (1987). *Journal of Marital and Family Therapy, 13* (1), 37-47.

The multiple forms of aggressiveness between marital partners: How do we identify them? Margolin, G. (1987). *Journal of Marital and Family Therapy, 13* (1), 77-84.

Submitted by
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Food/Nutrition

Long-term behavioral effects of parent involvement in nutrition education.

Kirks, B.A., & Hughes, C. (1986)
Journal of Nutrition Education, 18, 203-206.

This follow-up study was undertaken to determine the long-term effects of a nutrition education program for primary-grade children whose parents also received instruction. The original study showed that the children in the student/parent instruction group had higher dietary diversity and dietary quality scores than did children in the student instruction only group. The same food questionnaire used in the first study was mailed to the parents of 275 (78%) of the original sample of students. Response rates for the two studies were similar.

Data analyses showed that after 5 years, the participants in the student/parent group were eating a higher quality diet than either the student only or the control group. The student/parent group was consuming significantly greater quantities of vegetables, milk, and milk products than the other groups. This group also consumed a greater variety of cereals.

The authors state that inclusion of the parent component in the nutrition education program was time-consuming and required more effort and money. This study points to the valuable and worthwhile contribution of parent education. The authors feel this component may be the most important contribution of a school nutrition program.

Dietary practices of high school teachers of nutrition.

Skinner, J.D., & Woodburn, M.J. (1986)
Journal of Nutrition Education, 18, 215-220.

The extent to which 71 Oregon high school health and home economics teachers apply their nutrition knowledge was investigated in this study. Each teacher completed a socio-demographic questionnaire and two sets of two-day food records, and a food frequency questionnaire; one set before and the other set after teaching a nutrition unit.

Percentages of male teachers (N=14) with intakes below two-thirds of the Recommended Daily Allowances (RDA) were 43% for vitamin A, 21% for ascorbic acid, and 21% for thiamin. Similar low intakes for females (N=57) were 57% for iron and 14% for thiamin. The percentage of calories from fat were 46% for males and 41% for females, considerably above current recommendations of 30-35%. Protein provided 15% and 16% of total calories for males and females, respectively. Mean percentages of calories from carbohydrates were 39% for males and 43% for females. These are under the recommendations of 55-60%. Many teachers reported eating chicken (50%) and fish (42%) at least once a week. Only 9% reported eating eggs daily. About two-thirds of the sample regularly used margarine, with 41% stating nutrition-related reasons for this food selection. Daily milk intake was reported by 75% of the teachers. The results indicated that the teachers were concerned with adequate fibre intakes, as evidenced by their frequent use of bran products and several daily servings of fruits and vegetables. As well, most teachers limited their consumption of soft drinks, candy, cake, and pastries.

The teachers studied had incorporated many of the current dietary recommendations into their personal eating habits. Their diets also included several health-promoting practices. It would seem that this study group would be appropriate role models for the high school students to whom they teach nutrition.

Benefits associated with WIC supplemental feeding during the interpregnancy interval.

Caan, B., Horgen, D.M., Margen, S., King, J.C., & Jewell, N.P. (1987)
American Journal of Clinical Nutrition, 45, 29-41.

Interpregnancy nutritional supplementation was evaluated by comparing maternal nutritional status indicators and subsequent birth outcomes of 642 participants in the Special Supplemental Food Program for Women, Infants and Children (WIC) in California. The extended feeding group (N=335) received post-partum benefits for 5-7 months while the control group women (N=307) received benefits for only 0-2 months. Both groups received benefits during each of the two study pregnancies.

After adjusting results for race, parity, mother's weight for height, birth weight of first infant, infant sex, and mother's smoking habits, extended postpartum WIC participation was associated with a significant positive effect on birthweight, birthlength, and birthweight adjusted for gestational age. For infants born to women in the extended feeding group, the mean birthweight was 131 g heavier and the mean birthlength was 0.3 cm longer. After correcting for gestational age, the mean birthweight difference was 120 g, indicating the increase in weight was not operating through increased gestation. It was expected that women receiving the extended feeding intervention would have higher Quetlet indices (weight/height^2) prior to their second pregnancy. This was found only with the women who were underweight during the first pregnancy. As well, the extended feeding group had one-half the odds of being overweight at the onset of the second pregnancy.

This study showed that extended feeding during the interpregnancy interval improved both infant and maternal nutritional status as evidenced by increased birthweight and birthlength and the altering of pre-pregnancy weight of the women to a more optimum level. There was a decreased risk of delivering low-birthweight ($\leq$ 2500 g) infants and of maternal obesity at the time of the second pregnancy. Many studies have shown that the benefits of nutritional intervention programs are greatest when women participate for a minimum of 6 months during pregnancy. However, a woman in poor preconceptional nutritional status may already have impaired matabolic adjustments by this time. This study emphasizes the importance of nutrition during the interpregnancy period as a possible key to further improving pregnancy outcome.

Nutritional survey of highly trained women runners.

Deuster, P.A., Kyle, S.B., Moser, P.B., Vigersky, R.A., Singh, A., & Schoomaker, E.B. (1986)
American Journal of Clinical Nutrition, 45, 954-962.

This study obtained nutritional profiles on 51 women who had qualified for the First Women's Olympic Marathon Trials in the United States. Each woman was mailed a package containing a 3-day diet record, an activity questionnaire, and medical and menstrual history forms. Blood samples, height, weight, and skinfold thicknesses were obtained prior to the race with the subject in the fasting unexercised state.

Fifty-three percent of the women took a nutritional supplement with iron supplements being the most common. Nutrients from supplements contributed more to total intake than nutrients from food. Analysis showed that the percentage of calories from protein, fat, and carbohydrate was 13, 32, and 55 respectively. The energy intake of these women was low considering the energy expended for exercise. Less than the recommended 46 g protein per day was consumed by 11% of the women. Despite a mean intake for iron of 41.9 mg/day, over 43% of the subjects were consuming less than the recommended amount. Over 35% of the study group had decreased iron stores based on serum ferritin concentration. Intake of zinc was below recommendations in 76.5% of the women, while 60% of the women were consuming less than 2 mg/day of copper. Plasma zinc concentrations were low in many women. This could be due to iron supplementation and high fibre intakes which are known to interfere with zinc absorption.

Coupon use: Is cents off sense or nonsense?

Newman, J.M. and Dubnon, S. (1986)
Journal of Home Economics, 78, 24-27.

This study examined the growing phenomonon of coupon availability to determine how cents-off coupons are directed in terms of time available for their use, item availability and cost, food groups covered, and the amount of processing of foods. Coupons were collected over a period of 7 weeks from two of the largest newspapers in the New York area. Of the 647 coupons collected, prices were not found for 13. Percentage savings was calculated for the remainder.

Eighty-five percent of the coupons were issued by the manufacturer and 7% by a particular store. The redemption period for 30% of the coupons was 4-6 months, while 25% had no expiration date. Of the 58% of the coupons which were for food items, about 46% were for highly processed foods, 31% for moderately processed foods, and 23% were for slightly processed or unprocessed foods. Of the coupons for food items, 8% were for fruits and vegetables, 7% for dairy foods, and 8% for meat, fish, poultry, eggs, and legumes. The most common value of the coupons was 25¢ with a mean value of 38¢. The percentage savings ranged from 3% to 100%, with 13% being the amount most frequently saved. Additional purchase incentives were available for almost 25% of the products in the form of contests, refunds, further coupons, giveaways, and discounted-related purchases.

Supplementary listing of articles

The prevalence of overweight and obesity in Britain, Canada, and United States. Millar, W.J., & Stephens, T. (1987), *American Journal of Public Health, 77,* 38-41.

Relationships between usual nutrient intake and bone-mineral content of women 35-65 years of age: Longitudinal and cross-sectional analysis. Freudenheim, J.L., Johnson, N.E., & Smith, E.L. (1986). *American Journal of Clinical Nutrition, 44,* 863-876.

Impaired fat deposition in pregnancy: An indicator for nutritional intervention. Viegas, O.A.S., Cole, T.J., & Wharton, B.A. (1987). *American Journal of Clinical Nutrition, 45,* 23-28.

Dietary fat and fiber. Relationship to caloric intake, body growth, and colon tumorigenesis. Nauss, K.M., Jacobs, L.R., & Newbune, P.M. (1987). *American Journal of Clinical Nutrition, 45,* 243-251.

Dietary supplement and food intake in women of childbearing age. Kurinij, N., Klebanoff, M.A., & Graubard, B.I. (1986). *Journal of the American Dietetic Association, 86,* 1536-1540.

Nutrients supplied by food groups in diets of teenaged girls. Kenney, M.A., McCoy, J.H., Kirby, A.L., Stat, M.A., Carter, E., Clark, A.J., Disney, G.W., Floyd, C.D., Glover, E.E., Korslund, M.K., Lewis, H., Liebman, M., Moak, S.W., Ritchey, S.J., & Stallings, S.F. (1986). *Journal of the American Dietetic Association, 86,* 1549-1554.

Submitted by
Laurie A. Wadsworth, MSc.

Textiles/Clothing

Effects of chlorinated water on fiber reactive dyed cotton fabrics.

Perenich, T., & Epps, H. (1986)
Textile Chemist and Colourist, 18 (11) 25-28.

The effects of five different levels of chlorine with two different water temperatures on mercerized 100% cotton twill fabrics dyed with fibre-reactive dyes were studied. The fabrics were washed according to the AATC Test Method 61-1980, Colourfastness to Washing, Domestic; and Laundered, Commercial; Accelerated. A total of 25 home washings and 5 commercial launderings at two different temperatures and five different chlorine levels were completed. Color changes were evaluated using the AATC Gray Scale for Color Change and the HunterLab Mode D25-9 Color Difference Meter. The study's results indicated that chlorine in laundry water affects the colorfastness of fibre-reactive dyed cotton fabric. The extent of this change depends on the dye used. Temperatures alone did not appear to be a major cause of color change. Conflicting results from temperature coupled with chlorine on colorfastness suggest the need for further study in this area. Home washings produced higher color changes than the commercial launderings at each chlorine level.

Sewing techniques in women's outerwear, 1800-1869.

Farrell-Beck, J., Haviland, P., & Harding, T. (1986)
Clothing and Textile Research Journal, 4 (2) 20-29.

The purpose of this study was to determine if sewing techniques for women's outerwear, between 1800-1869, had changed. Changes in garment styles, fabric, sewing technology, and recommendations in contemporary literature on how to sew were studied as influencing factors. Data from actual garments and publications from the 70-year period were gathered. Costume collections from 23 museums in five states, periodicals, household manuals, and fashion plates were used. Due to the wide span of years studied, garments used were limited to women's dresses, bodices, dress-like ensembles, and sewn wraps (not shawls). Observations on sewing techniques, style, fabric, and trim were made for each garment. Of the four factors considered to be relative to sewing techniques, style was the most important, especially when two or more adjacent styles were grouped. Printed literature on recommendations for sewing were often connected to practice, especially after 1840. The influence of technology was limited. The sewing machine was the only advance in sewing technology studied in this research and was observed to have little effect. Fabric did not have any influence on sewing techniques, except in control of fullness, seam depth, and use of linings.

Effect of a softening agent on yarn pull-out force of a plain weave fabric.

Sebastian, S.A.R.D., Bailey, A.I., Briscoe, B.J., & Tabour, D. (1986)
Textile Research Journal, 56 (10) 604-610.

The effect of a cationic softening agent on the process involved in pulling out a single warp yarn from the plain weave cotton fabric was measured. A 100% cotton simple and loose plain weave fabric was used with an average space of .6mm between each yarn and an average yarn diameter of .24mm. A softening agent of dimethyldistearylammonium chloride in 95% active form was applied to the fabric for 6 minutes at 25°C. Data were compiled using two steps: pull-out force was monitored and visually recorded; degree of extension of pull-out yarn, displacement of cross-over yarn from initial position and actual movement of the pull-out yarn were measured; and secondly, various fabric deformations were quantified. The extension of the pull-out yarn, displacement of picks, and the number of picks cleared by the pull-out yarn were measured. The resulting data showed a decrease in yarn adhesive junction strength, sliding friction and fabric stiffness, and an increase in extensibility of the pull-out yarn. These effects were applied to a mathematical model to provide additional information on estimates of the weave's shear stiffness and single yarn's tensile stiffness in the weave. Both were found to have been reduced by 40%. The overall conclusion indicated that the softening agent reduced the yarn tensile modulus in the weave, interyarn adhesion, and the interyarn sliding friction. An increase in deformability and recoverability of the fabric also was observed.

Sex, gender identity, and behaviour concerning sex-related clothing.

Davis, L. (1985)
Clothing and Textiles Research Journal, 3 (2) 20-23.

This study used an individual's sex and psychological concept of gender identity (masculinity and femininity) to predict the wearing of stereotypic sex-related clothing. Male and female university subjects (N=174), answered a questionnaire based on a sex-related clothing inventory. Clothing articles were divided into five corresponding categories; male-specific, female-specific, masculine, feminine, and neutral. Each clothing piece was rated on a five-point scale as to the extent to which the item was a part of their wardrobe and the frequency with which it was worn. For each category, five sets of scores were obtained per individual which indicated the subject's gender identification group as; sex-typed, cross sex-typed, androgynous, and undifferentiated. Data revealed the wearing of sex-specific clothing was a function of biological sex; males were more likely to wear male-specific clothing then females, and females were more likely to wear female-specific clothing than males. Gender identity did not have a significant influence on the wearing of sex-specific clothing. A trend towards male sex-typed and female cross sex-typed individuals wearing more male clothing than other gender groups was observed. A greater social acceptance of stereotypic male clothing worn by members of both sexes was thought to be the cause. In addition, an interesting observation was made; although an individual's gender identity was found to be unrelated to wearing stereotyped sex-related clothing, male and female stereotypes are known to be based primarily on clothing and appearance characteristics.

Supplementary listing of articles

Expenditures for household textiles and textile home furnishings: An Engel curve analysis. Wagner, J. (1986). *Home Economics Research Journal, 15* (1), 21-31.

Perceiver's occupation and client's grooming: Influence on person perception. Littrell, M., & Berger, E. (1986). *Clothing and Textile Research Journal, 4* (2), 48-55.

Submitted by
Sheri McBride, BA
MSc graduate student

New Developments

. . . In Trends

Food Fads Threat to Infants

Low-calorie diets can jeopardize the health of infants, says a recent American study. The report, presented in Washington in 1986, studied a group of infants who ranged in age from 7 to 22 months. All the infants were underweight and below average in their growth. The researchers found that the children were "failing to thrive." When the infants' diets were analyzed, it was discovered that their calorie intake was far too low — 60 to 94 percent below the recommended levels.

Unorthodox health beliefs among parents turned out to be the problem. The parents of the infants in the study explained that they kept their children on these restricted diets in order to prevent obesity and avoid "unhealthy eating habits". The study, reported in the Winter 1987 issue of *In-Touch*, a publication on infant nutrition for health professionals, points out the dangers of cutting out foods "just in case." Children's growth can seriously suffer when they are denied sufficient calories — and the right foods.

Source: News release, March 1987. H.J. Heinz Company of Canada, 5650 Yonge St., 16th Floor, North York, ON, M2M 4G3.

Studies Divided on Calcium Benefits

As millions of women stock up on calcium to ward off the crippling bone disease, osteoporosis, there is growing evidence the latest health craze may do little to prevent it and even do harm if overused. Nutritionists, food producers, drug companies and the media have lauded the benefits of calcium — taken in supplements and foods — particularly in preventing osteoporosis, a degenerative condition in which bones lose their mass and become brittle. It strikes a quarter of all post-menopausal women and is related to loss of the female hormone estrogen. It seems to affect the sedentary more than the active; as well as fair, slight, small-boned people. However, studies are divided on whether calcium really prevents the disease. For many experts, the jury is still out.

Dr. Joan Harrison, co-ordinator of the University of Toronto's osteoporosis research program, says there hasn't been enough research on the subject to conclude anything. Calcium "has been widely publicized as a cure for osteoporosis, which I don't think anyone in the medical profession" has ever believed, says Harrison. Still, calcium has become a buzzword, sending women flocking to doctors, dietitians, drug stores, and health books to find how much to take, a situation that may benefit drug companies more than women. For example, last year it was reported that TUMS antacids, which advertise a high-calcium content, had overtaken sales of other antacids. Food companies are also extolling the benefits of calcium on milk cartons, yogurt, cheese and other food containers.

Dr. Tim Murray, chairman of the medical advisory board of the Osteoporosis Society of Canada, says that while there is no evidence that taking calcium in middle life will prevent osteoporosis, he prescribes 1,500 mg/day — made up of supplement and diet — to post-menopausal patients who want it because "we don't know that it doesn't do any good" and it might help some people. Dr. H.H. Draper, Department of Nutritional Sciences, University of Guelph says: "There is a need to resolve the calcium controversy as soon as possible. The question whether calcium is of any benefit in preventing osteoporosis is best approached using an intervention strategy, in which the possible effects of other dietary variables (protein, phosphorus, vitamin D, fluoride) are overridden by a large calcium supplement (1,000 mg). Such a study should include careful bone measurements and rigorous assessment of the intake of all relevant nutrients on a large sample of post-menopausal women over a period of at least 5 years. Other factors, including physical activity, sunlight exposure and inherited bone mass, should also be monitored. Such a study would be moderately expensive in absolute terms, but not in terms of the current cost of providing health care for the tens of thousands of Canadians who suffer osteoporosic bone fracture each year."

Source: *Winnipeg Free Press*, (1987, February 8, (p.10), and Draper, H.H. (1987, January). Calcium and osteoporosis, *Rapport*, p. 1-2.

. . . In Ideas

Health Guardians

The purpose of the study, "Health & Home: Women as Health Guardians," was to explore the responsibilities and tasks of women in maintaining their own health and that of those close to them, and to consider ways in which the health guardian role could be shared by others in the family, the community, and various levels of government. The information gathered in the study, must be linked to useful and positive proposals for change and improvement in the way Canadian society distributes and supports (or does not support) the work of health guardianship. Discussions with the 165 respondents throughout Canada indicated that the largest part of their health guardian role is devoted to promotion of health and prevention of illness. When women have to deal with acute or chronic illness, they of course need and use lifesaving professional medical help. However, the lasting impression is of the overwhelming importance of the numberless daily, routine, preventive, monitoring, and promotional tasks which serve to maintain and build the health of the family. The results of the study demonstrated a need for better access to professional, paraprofessional or institutional health services. Improved access includes services closer to where the women live; access is difficult because of distance or sparse services in rural areas.

The study showed that the whole sense of responsibility within the family has to be restructured. This requires a change in attitude. Not only should husbands and children expect to help each other and their wife/mother, but they should be able to take responsibilities for health themselves.

These findings illustrate and reinforce the long-held viewpoint of the Canadian Advisory Council on the Status of Women that women's needs are best served by a health care system with a "preventive, community-based, caring approach." Such an approach should emphasize physical, mental, and social well-being and centre on individuals and their health. This perspective is in contrast to the importance currently given by our society and the formal health care system to the curing orientation centred on disease and crisis-oriented medical procedures.

To order: Available from Canadian Council on Social Development, 55 Parkdale Ave., Ottawa, ON, K1Y 1E5, at a cost of $4.95. **Cette publication est aussi disponible en français.**

Health Network Launched

A new nutrition-and-fitness network has been launched by Nancy Croitoru, a nutrition expert and member of the Canadian Dietetic Association (CDA). "*Nutradition Network*" is a program designed to offer a specialized service to the health-conscious consumer. Subscribers will receive the *Nutradition Report*, a newsletter published 10 times a year, as well as personalized computer diet and fitness analyses, discounts on a wide variety of nutrition and fitness products and a direct link to expert advice.

For more information: Contact Nancy Croitoru, Nutradition Inc., 772 Dovercourt Rd., Box 215, Stn. "E", Toronto, ON, M6H 4E2.

Essential Fatty Acids and Blood Clotting

Although it's been known for some time that the polyunsaturated fatty acids in certain margarines and vegetable oils can lower blood cholesterol values, the "how" question is still being investigated. A recent issue of *Health Break*, a newsletter to dietitians and doctors published by the Fleischmann's Advisory Council, says that researchers are now examining the effects of essential fatty acids on blood fats. Although the fat in food often creates negative images — too many calories — some fats are essential for growth and health. These essential fatty acids are mainly found in corn, soy and sunflower oils, and walnuts, although small amounts occur in other plant oils and fishes, writes Dr. Vivian Bruce, a professor from the Department of Foods and Nutrition at the Univerity of Manitoba.

Dr. Bruce, who is also a member of the Fleischmann's Advisory Council, explains that essential fatty acids have several functions in the body. They make up part of the cell membrane, thereby regulating the transport of materials in and out of the cell. Essential fatty acids are also precursors of prostaglandins, compounds in white blood cells and blood vessels, which regulate the clustering of blood platelets. This results in the formation of a blood clot, or thrombus on blood vessel walls which is a factor in the development of heart disease. As a thrombus develops on a blood vessel wall it narrows the passageway for blood flow. If considerable narrowing occurs, blocking blood flow to the heart muscle, a person can have a heart attack. If the narrowing blocks blood flow to the brain, a person may have a stroke. Adequate amounts of essential fatty acids are necessary to inhibit this thrombus formation in blood vessel walls, while still allowing for the blood clot formation necessary when a person has a cut. This is probably the way essential fatty acids in polyunsaturated fat help reduce the risk of heart disease or stroke.

Only certain brands of margarine are a good source of essential fatty acids. Analysis of 89 brands of Canadian margarines by Health and Welfare Canada, during 1982 and 1983, showed that 32 of the margarines had less than 5% essential fatty acids; only 16 brands provided more than 35% essential fatty acids. To find a margarine that provides essential fatty acids, look at the fine print on the label. The term you'll see there is polyunsaturates, which is an indication of essential fatty acid content. You'll want one that has twice as many polyunsaturates as saturates.

Source: Bruce, V. (1986). Essential fatty acids in the prevention of coronary heart disease. *Health Break*, 2(2).

. . . In Products

Toddler Foods

A new line of foods designed for toddlers has entered the Canadian market. The introduction of these products follows successful consumer research and test market results. The toddler meals are ready-to-serve complete meals that contain no preservatives, flavor enhancers or artificial coloring; a small amount of salt is added as mild seasoning. Three varieties are available: beef, chicken, and pasta. Suggested retail pricing is $.95 each for a 213 mL jar. Also available is an oatmeal cereal fortified with iron, calcium, and vitamins. It has a thicker consistency and stronger flavor than regular infant cereal, with no added sugar, salt or preservatives. Suggested retail pricing is $1.99 for a 340 g container.

For more information: Contact Sheila James, H.J. Heinz Company of Canada, 5650 Yonge St., 16th Floor, North York, ON, M2M 4G3, (416) 226-5757.

Sweetness of Orange Juice

Most fresh produce and manufactured foods in Canada carry grading systems that indicate whether the food meets a minimum federal standard for quality (as in the Canada Standard marking on canned vegetables, for example) or whether they exceed them (Canada Fancy, Canada Choice are two such designations for canned vegetables). Now the frozen food industry wants to bring a similar system to orange juice. Brands of juice differ in the amount of sweetness found naturally in the oranges used to make juice concentrate, according to the Canadian Frozen Food Association (CFFA). While some manufacturers add little water to their orange juice concentrate, others are able to 'stretch' the concentrate through dilution and still meet a federal standard for naturally occurring sweetness.

The manufacturers want to designate as a 'C' grade unsweetened juices that meet the existing federal standard only. Those that exceed it would be designated as 'A' or 'B' grade juices. The CFFA maintains that grading wouldn't make frozen juice more expensive, but would allow consumers a better understanding of the quality of juice they're buying. But CAC has misgivings about the idea.

Though all frozen orange juice is generally high in Vitamin C, Vitamin C levels will be neither regulated nor specified in the new grading. Nor will the grading address the quality of oranges used to make the juice. And low-pulp, low-acid and sweetened juices wouldn't be graded, though manufacturers would have to declare the addition of sweetener on their main labels.

Source: McKendry, D. (1987, January) Orange juice: How sweet it is? *Canadian Consumer,* p. 9.

Babysitters' Training Course

The newly revised Babysitters' Training Course recently published by the Canada Safety Council, is a public safety instructional program which has been designed and packaged to achieve maximum positive results for both students and instructors. Course content is both urban and rural oriented and focusses on: the rights and responsibilities of the employer, the child, and the babysitter; the development and behavioral characteristics of children; basic child care; common causes of accidental injury to children and ways to prevent these injuries; basic first aid procedures and how to react to emergencies which may arise while babysitting; creative activities including the selection of appropriate songs, crafts and toys; the physical care required for the sick and injured child; and information related to caring for special needs children who are visually, hearing, physically or mentally impaired.

Community volunteer instructors, teachers, and youth group leaders appreciate the careful planning which has resulted in this self-contained program. Instructions are described in detail, and all background and resource materials an instructor will need to operate the program are included in the manual.

To order: The Babysitters' Training Course is available from Provincial Councils and Leagues, and the Canada Safety Council, 1765 St. Laurent Blvd., Ottawa, K1G 3V4, (613) 521-6881. Retail cost: Instructor's Manual, $15.50; Student Reference Books, $2.50 each.

... In Publications

Definition by Illustration

A new source, *Apparel Anatomy,* is a visual dictionary. Students and teachers of fashion, merchandising, fashion writers or anyone involved in clothing construction will find this unique dictionary a valuable resource. *Apparel Anatomy* is divided into four major sections: Apparel Design — major features; Garment Features; Accessories; and Fastners and Trims. Proper fashion names accompany the sketches under each section. The illustration becomes the definition. *Apparel Anatomy* by Mary Humphries, Anne Roberts, and Jana Aljoe, is a simple, compact, and comprehensive resource of the vocabulary of fashion.

To order: Available from Mary Humphries, 125 Bamburgh Circle, Suite 1907, Scarborough, ON, M1W 3G4, at a cost of $7.50.

New Look at Infant Health

The Calgary Infant Health Monitoring System has recently released its first report. This is a follow-up study of a 1984 Birth Cohort of more than 10,000 infants to the age of 6 months. It was found that breastfed babies had significantly less illness. Infants under 2,500 g had more congenital defects and much more illness. The study reviewed prenatal care, feeding practices, and infant development. The report is available at a cost of $10.

For more information: Write Research and Information, Calgary Health Services, P.O. Box 4016, Station C, 320-17 Avenue S.W., Calgary, AB, T2T 5T1.

Audio-Visual Resources

The History of Dress, a filmstrip series, includes five titles dealing with the way in which clothes have always played a vital role in social communication. "Shape of Fashion" looks at the way in which clothes have been used through the ages to either accentuate, disguise, distort or even hide the human body. In "Fabric and Style", different types of fabrics and their uses are shown, as well as use of color in fashion. Techniques of treating textiles and the use of decoration such as beads and embroidery are also illustrated. "Dress and Communication" deals with the way in which dress has been used as a means of communicating certain facts about the wearer (e.g., social status, age, geographical region, etc.). In "Ritual and Ceremony" ritual costumes (e.g., religious, academic, and legal dress) are discussed, as is the role of dress in chivalry. "Sporting Dress" examines the development of sporting dress since Greek times, and the social and practical reasons behind the use of different styles and uniforms. *The History of Dress* (No. 022400A7) includes 5 filmstrips, 5 cassettes, and 2 teacher's handbooks; and is available at a cost of $206. with teacher's handbook are available at $44.

Active Parenting is an all-new way to prepare young people for successful modern parenting. Forty dramatic, live-action video segments bring your students into a variety of homes and family situations, where they'll explore parent-child dynamics at work. Let students decide which issues these parents handle well — and where they make common mistakes. This resource (No. 65506-880) is available in video (VHS or Beta) for $295; and U-Matic (2 cassettes) for $325 and includes 6 parts, instruction notebook, sample action guide, and handbook.

To order: McIntyre Educational Media Ltd., 30 Kelfield Street, Rexdale, ON, M9W 5A2, 1-800-268-1470.

Market Opportunities

Market Opportunities Catalogue lists import data trends for the period 1982 to 1985 for fabricated materials, end products, and selected commodities. The publication covers 89% of all products imported into Canada. It is designed to increase awareness of the enormous potential in the Canadian marketplace for domestic production and to stimulate Canadian business to explore further potential market opportunities within Canada. There may be a niche for you in the massive $92-billion domestic market outlines in this publication.

To order: Available free, in Canada, from Publications Distributions Centre, 235 Queen St., Ottawa, ON, K1A 0H5. **Cette publication est aussi disponible en français.**

Help for Working Parents

A new monthly periodical is aimed at busy, two-career families who want to keep up with the latest child-rearing news. *Working Parents Digest* is published by Gunter Ott, former editor of *Today's Parent* magazine, and president of Gunlin Communications. Each issue of the newsletter will contain practical tips on child rearing; health, psychology and nutrition news; advice from child rearing experts; concise reviews of books on parenting; and hints on how to make leisure time special. Also included are free supplements, such as: "The Working Parents Guide to Surviving" and "Enjoying Christmas."

To order: Working Parents Digest, 41 Britain St., Ste. 204, Toronto, ON, M5A 1R7.

Feelings and Your Child

The Canadian Mental Health Association (CMHA) presents sensitive theme of feelings in their new set of 14 information pamphlets which cover many common concerns of parents and children. Some of the subjects discussed are dealing with destructive behavior, discipline, nervous mannerisms, bedwetting, preparing a child for hospital, sheltering, and a child's illness.

To obtain: To obtain a set, free of charge, send a self-addressed, stamped (68¢), business (9″x 12″) envelope to CMHA, 2160 Yonge Street, Toronto, ON, M4S 2Z3.

Carcinogenesis and Energy

The *American Journal of Clinical Nutrition* has published the proceedings of a symposium, held in Washington, February 24 & 25, 1986, "Calories and Energy Expenditures in Carcinogenesis." This symposium presented findings from animal and human studies with regards to the role of energy intake and expenditures in carcinogenesis. Several studies examined cancer morbidity and mortality, and related these to exercise, occupation, fat and energy intakes, and energy retention, especially obesity.

For more information: Refer to *American Journal of Clinical Nutrition, 45*(1) Supplement, January 1987.

Canadian Standards Association (CSA)

CSA — A Part of Your Life, is a film designed to demonstrate the concept, major activities, and benefits backing CSA and the mark. The film is fast-paced, using TV documentary techniques, to give an entertaining 11-minute overview of the process of developing standards, testing products, and granting certification to manufacturers.

This film is available for borrowing in 16 mm film, ½-inch VHS or Beta, and ¾-inch formats.

To order: Write your regional office of the CSA stipulating when required and expected return data or contact CSA Public Relations, 178 Rexdale Blvd., Rexdale, ON M9W 1R3.

What do you say when . . .?

(continued from page 151)

Saccharin

A third artificial sweetener available in Canada is saccharin. Before 1978, saccharin was widely used in soft drinks. Then safety tests by the Health Protection Branch showed that high levels of saccharin caused bladder cancer in male rats. As a result, saccharin was withdrawn from use in foods and drugs. Today, the sale of saccharin is restricted to pharmacies. It is available only as a table-top sweetener, and is labelled to warn pregnant women against its use except on advice of a physician.

Use for Weight Control

Do synthetic sweetners help people lose or maintain weight? Used instead of sugar, they may lower the energy content of food purchased or prepared at home. This may help in weight loss, as long as wishful arithmetic does not lead a person to "make up" those calories by eating more overall.

Some persons concerned about their weight also use products labelled "dietetic" foods. These products may be "carbohydrate-reduced", "calorie-reduced", or "sugar-free". The label must state calorie content and the amount of protein, fat, and carbohydrate. Some of these products contain aspartame; others may contain a sweetener called mannitol.

Mannitol is not an artificial sweetener. It is a natural substance providing energy (calories) when eaten, and is actually less sweet than sugar. Mannitol and a similar sweetener, sorbitol, are slowly absorbed from the digestive system and do not cause a rapid rise in blood sugar. This does not mean that people with diabetes can use unlimited amounts of "dietetic" foods sweetened with mannitol, or products with aspartame. Using any of these products must be planned to fit in with the diet outlined by their doctor and dietitian. Diabetics are advised to contact their physician or a registered dietitian regarding use of products sweetened with mannitol, sorbitol, or aspartame, and for advice on sweetening dishes at home with cyclamate or aspartame.

Conclusion

For those with diabetes, or for the person wanting to control weight, these products should be *used as directed* and *in moderation*. Present scientific information indicates they are safe; but, they are not a magic answer to complex problems such as controlling weight or managing diabetes. ☐

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What do you say when ...?

What do you say when you are asked about sugar substitutes?

Lorraine Green

Nutritionists advise Canadians to limit their intake of foods high in sugar for it may contribute to overweight and increase the risk of tooth decay. However, many consumers enjoy sweet foods and drinks. They desire a product which is sweet, flavorful, and without risk to waistline, teeth, or general health. Are synthetic sweeteners such as aspartame, cyclamate, or saccharin the answer? Consumers have many queries and apprehensions about products and safety, and need information to make a choice regarding use for themselves and their families.

Aspartame

Aspartame is the newest sweetener on the Canadian market. Since 1981, regulations under the Food and Drug Act have permitted its use in several products, including breakfast cereals, soft drinks and other beverages, gum, breath mints, jelly powders, and desserts. All products with aspartame must be clearly labelled to indicate its use. The label also might state "Sweetened with Nutrasweet", which is a trade name for aspartame. Aspartame is sold under the brand name Equal for home use, in tablet form or as a powder, and can be added to products such as tea or coffee. It is not suitable for baking because aspartame looses its sweetness if exposed to high temperatures for a long time.

Aspartame is a synthetic sweetner made up of two naturally-occurring amino acids, aspartic acid and phenylalanine, combined to form a dipeptide which is methylated to a methyl ester. Aspartame is broken down by the body in the same way as other protein compounds in foods, yielding the constituent amino acids and methanol. Like other proteins, it provides energy (4 Kcal/g.), but because aspartame is 180 to 200 times sweeter than sugar, only small amounts are needed.

The safety data on aspartame have been extensively studied by Canada's Health Protection Branch and it indicates that the product is safe overall. There is no evidence that *moderate* intakes of aspartame present a concern for pregnant or nursing women, children, or diabetics. However, some individual allergic reactions have been confirmed, describing symptoms such as hives and swelling (Kulczycki, 1986). Other reports of individual reactions have not been conclusively linked to aspartame, but may indicate that some persons are sensitive to aspartame in commonly consumed amounts (Bradstock et al., 1986). The suggestion that aspartame with carbohydrate could cause neurochemical changes in the brain and lead to behavior change (Wurtman, 1983) has not been supported (Fernstrom, Fernstrom, & Grubb, 1986; Kroger & Brown, 1986).

One group who must avoid aspartame are persons with the relatively rare, hereditary disease phenylketonuria (PKU). These individuals lack the enzyme necessary to metabolize phenylalanine, one of the amino acids in aspartame.

As with all products, moderate use is advised. Safety data is used to calculate an acceptable daily intake (ADI), the amount a person could eat daily over a lifetime without harm. The Health Protection Branch (1983) concurs with the ADI for aspartame established by the Food and Agriculture Organization/World Health Organization Joint Expert Committee on Food Additives: 40 mg/kg of body weight per day. Thus a person weighing 60 kilograms (about 130 pounds) could consume 2400 mg of aspartame daily. A can of soft drink usually contains from 125 to 180 mg of aspartame. The use of aspartame and the amount must be clearly stated on the label of any product. Several servings of aspartame-sweetened foods or beverages could be eaten within the acceptable daily intake. It is unlikely that even frequent users would exceed recommended levels of intake.

Cyclamate

Cyclamate, another synthetic sweetener, is sold only as a table-top sweetener for home use to sweeten beverages or for use in recipes. Many restaurants also have cyclamate available for tea or coffee. By law, cyclamate is not allowed for use in the manufacture of prepared food products or soft drinks. This restriction is based on studies that indicate that cyclamate may cause cancer. Subsequent research did not prove this, but did show changes in reproductive organs of test animals. This was attributed to a by-product, cyclohexylamine, formed from cyclamate by bacteria in the intestinal tract. The level of cyclamate intake judged to be safe does not permit its wide use in commercial foods or soft drinks, but does accommodate the lower level of use associated with adding cyclamate to tea or coffee at home or in a restaurant. Sweeteners containing cyclamate include the brands Sucaryl, Sugar Twin, and Sweet 'n' Low. The presence and amount used must be declared on the label, with the statement that the product should be used on the advice of a physician.

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Lorraine Green, BSc (HEc) and MSc (University of Alberta), is a Community Health Nutritionist at the Edmonton Board of Health.

A regular column of the *CHEA Foods and Nutrition Committee* to assist home economists in combatting food and nutrition misinformation. Edited by **Katherine Loughlin.**

1987 Ruth Binnie Scholarship Bourse Ruth Binnie

Two awards of $3,000 for full-time graduate study, proportionate sums for part-time study. This scholarship was established through the generosity of the late Ruth Binnie, Halifax, to promote the quality of home economics education in Canada.

For a graduate in home economics or home economics education, holder of a professional teaching certificate, who is a Canadian citizen or landed immigrant. First consideration will be given to applicants proceeding towards a master's degree in education on a full-time basis. Second consideration will go to part-time students. Third consideration will go to PhD applicants planning to return to university teaching in home economics education. The candidate must have a high commitment to the teaching profession and home economics education. The award will be based on scholarship, personal qualities, contribution to home economics education in junior or senior high school, and potential in the education field.

To be eligible, applicants must be members of CHEA and the application must be **postmarked no later than October 31, 1987.** Previous CHEA scholarship winners are eligible to apply provided they continue to be enrolled in graduate study.

Application forms are available from:
Canadian Home Economics Association
901-151 Slater Street
Ottawa, ON K1P 5H3

Deux bourses de 3 000 $ chacune pour des études de 2^{e} cycle à plein temps, bourses proportionnelles pour un temps partiel. Cette bourse a été créée grâce à la générosité de feu Ruth Binnie, de Halifax, afin de promouvoir la qualité de l'enseignement de l'économie familiale au Canada.

Elle s'adresse à une diplômée en économie familiale ou en enseignement de cette discipline qui possède un certificat professionnel d'enseignement est citoyenne canadienne ou immigrante reçue. La préférence ira d'abord à des candidates qui préparent une maîtrise en éducation à plein temps, ensuite à des étudiantes à temps partiel, la somme étant dans ce cas calculée au prorata. On évaluera enfin le dossier des candidates à un doctorat qui projettent de réintégrer l'université pour donner des cours en enseignement de l'économie familiale. La candidate doit s'intéresser activement à l'enseignement et à la formation en économie familiale. Les bourses seront attribuées en fonction des résultats académiques, des qualités personnelles, des contributions faites à l'enseignement de l'économie familiale dans les écoles secondaires de premier et de second cycle et de ce que la candidate peut apporter dans le domaine de l'enseignement.

Les candidates doivent être membres de l'ACEF. Pour être admissibles, les demandes dûment remplies **doivent être envoyées au plus tard le 31 octobre 1987** le cachet de la poste faisant foi. Les candidates ayant déjà bénéficié d'une bourse de l'ACEF sont éligibles à une bourse 1986 si elles poursuivent des études de second cycle.

Pour les formules de candidature, s'adresser à
L'Association canadienne d'économie familiale
151, rue Slater, suite 901
Ottawa, ON K1P 5H3

Reader Forum

(continued from page 107)

member summed it up well when she stated: "The major difficulty for the *CHEJ* lies in having to meet too many diverse needs." For the Editorial Committee, it may not be a difficulty, but it certainly is a challenge.

Appreciation. The editors express appreciation to those members who took the time to complete and return the survey, and we look forward to receipt of more returns. The survey returns will be invaluable to future planning and development of the *CHEJ*. THANK YOU.

Barbara Baczynsky
Editor, CHEJ

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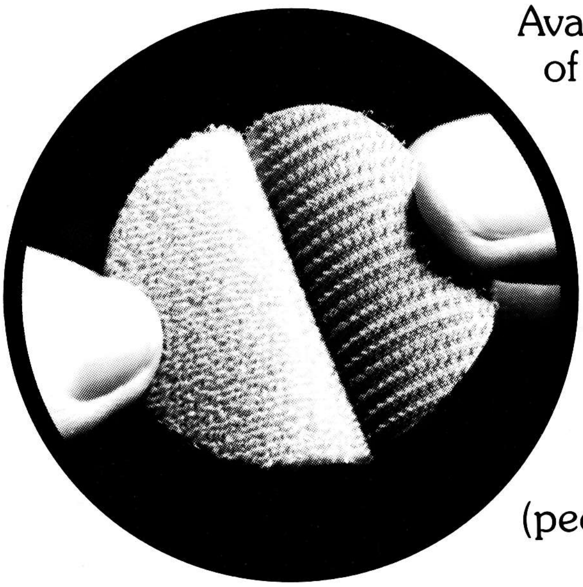

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